

# Long and short of restoration

Hair loss typically has medical causes – hormones, heredity or even conditions like thyroid disease – so a medical diagnosis is the doorway to the right treatment.

“Once you’re diagnosed, we can show you your options,” says Dr Peter Paraskevas, a Melbourne hair transplant surgeon.

“It’s important to let the patient decide.”

Non-surgical options include topical treatments that stimulate hair growth and prescription drugs that inhibit the hormone that damages hair follicles.

An alternative is PRP, or platelet-rich plasma.

“PRP stimulates hair growth, rather than inhibiting hair loss,” Paraskevas says.

A client’s own blood is separated in a centrifuge and the platelet portion – responsible for the body’s healing process – is injected into the scalp to reinvigorate follicles.

“It can be an effective stimulant, but it’s not a cure for hair loss,” he says.

As a hair transplant specialist, Paraskevas recommends follicular unit extraction, or FUE.

“Of the methods available today, it’s the most effective. It’s not a miracle, but it’s the future of treatment.”

For years, scalp reduction surgery was the main method of hair transplant.

“Scalp reduction surgery involved moving parts of the scalp around the head, but the



end result was a patchy mess,” Paraskevas says.

It wasn’t until the 1990s that strand-by-strand follicle replacement was introduced.

Unfortunately, he says, that led to “strip surgery”, in which strips of healthy follicles are removed from a donor site, typically the back of the head, and placed in the problem area. The procedure saves time, but often involves painful recovery and can leave ugly scars. “It’s an outdated method and can be quite brutal for the patient. I just wouldn’t recommend it.”

In Paraskevas’ preferred alternative, follicular unit extraction, a ‘unit’ of three or four hairs is transplanted to the problem

area. The direction of the follicles is carefully considered to create a seamless look.

It can be used to reconstruct the scalp, eyebrows, and even eyelashes.

“There’s a better yield, it’s more comfortable for the patient and there’s no disfigurement.”

FUE can take about eight hours. “It’s a full day for the patient. We do the follicle extraction in the morning, have a break for lunch and then do the implantation in the afternoon. Recovery takes about a week.”

“Yes, FUE takes longer and it’s harder to do. But a doctor’s hard work is a patient’s benefit, and doctors should make life easy for their patients.”



Dr Peter Paraskevas says follicular unit extraction can be used on the scalp, eyebrow and eyelashes.

**We do FUE because I believe it’s the best option for hair replacement surgery.**

**- Dr Peter Paraskevas**

For Paraskevas’ Melbourne Hair Transplant clinic, that philosophy extends to the VIP service, in which interstate clients are picked up at the airport and put up in a hotel during their treatment.

“We refer platelet-rich plasma treatments to cosmetic practices, but we do FUE because I believe it’s the best option for hair replacement surgery,” he says.

“FUE is also our preferred method for eyebrow hair transplants as you can be very selective with the follicles that you want to use in the eyebrow area.

“My job is to minimise trauma and maximise results, and I can do that with FUE.”

## Worried About Hair Loss?

**We have the expertise and state-of-the-art technology to help you.**

Melbourne Hair Transplant is a dedicated FUE Hair Transplantation Clinic based in Melbourne’s CBD. We provide the highest standard of care in the field of Hair Restoration Surgery with the latest advancements and cutting edge technology available.

**Interstate patients welcome**

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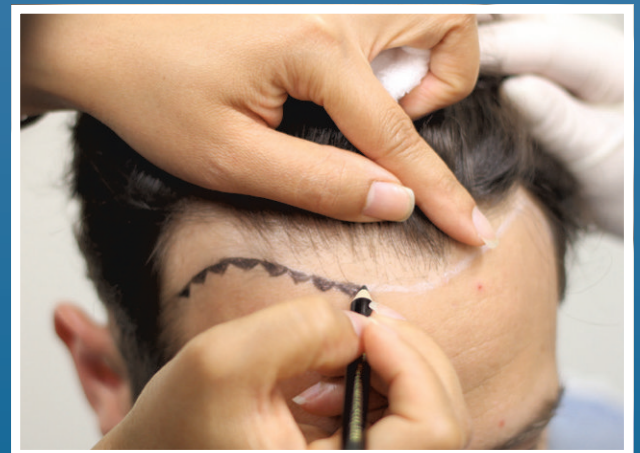
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**Before**



**After**