

# SURGEON AND TRICHOLOGIST COLLABORATION – A STATE-OF- THE- ART CONTEMPORARY HAIR RESTORATION

JERZY KOLASINSKI MD,PHD, KINGA ESTERA JACH-SKRZYPCZAK

## INTRODUCTION

TRICHOLOGY IS A BRANCH OF MEDICINE WHICH ANALYZES, DIAGNOSES AND TREATS DISEASES OF SCALP AND HAIR. A TRICHOLOGIST'S JOB IS TO DETECT UNDERLYING CAUSES AND DETERMINE METHOD OF TREATMENT BY MEANS OF CASE HISTORY AND A RANGE OF DIAGNOSTIC TESTS WHOSE RESULTS ARE INDISPENSABLE FOR ACCURATE DIAGNOSIS. FREQUENTLY, IT IS THROUGH CLOSE COLLABORATION OF SEVERAL SPECIALIST DOCTORS THAT A RIGHT TREATMENT CAN BE DETERMINED, RIGHT THERAPY CHOSEN AND IN FINAL STAGES THE ACHIEVED RESULT MAINTAINED. THE TRICHOLOGIST'S ACTIVITIES IN A NATURAL WAY COMPLEMENT THE MISSION OF HAIR RESTORATION SURGEON PRACTICE.



## PREMISE

A PRIORITY IN TRICHOLOGICAL TREATMENT IS TO MAKE A CORRECT DIAGNOSIS, AND BASED ON IT, CLOSELY IMPLEMENT THE COMPLEX THERAPY IN THE COURSE OF OUTPATIENT CLINIC MANAGEMENT. ADDITIONALLY, TRICHOLOGY PREPARES PATIENT'S SCALP FOR TRANSPLANTATION AND ADMINISTERS CARE AFTER SURGICAL PROCEDURES. CREATION OF SUCH A VAST BACKUP BASE CONSIDERABLY IMPROVES THE EFFECTIVENESS OF RECONSTRUCTIVE TREATMENTS OF THE SCALP. PATIENTS SEEKING SURGICAL INTERVENTION VERY OFTEN REQUIRE TO BE TREATED CONSERVATIVELY (TRICHOLOGICALLY) AS WELL AS TO HAVE THEIR SCALP PREPARED FOR PROCEDURE, FOLLOWED BY SYSTEMATIC PROFESSIONAL TRICHOLOGICAL POSTOPERATIVE CARE, WHICH MAKES THE PROCEDURE MORE EFFECTIVE.



## SUBSTANTIATING DATA

WE HAVE ADOPTED THE FOLLOWING SEQUENCE OF ACTIONS: A PATIENTS NOTICES HAIR PROBLEMS AND CONSULTS A TRICHOLOGIST OR SURGEON. IF THE TRICHOLOGIST DECIDES THAT SURGICAL INTERVENTION IS NECESSARY, THE PATIENT IS REFERRED TO SURGEON. IF IN THE PROCESS OF DIAGNOSING THE TRICHOLOGIST NOTICES ANY CONDITIONS THAT REQUIRE CONSERVATIVE TREATMENT THEN APPROPRIATE MANAGEMENT IS IMPLEMENTED SUCH AS E.G. APPLICATION OF DIFFERENT MEDICINES, ABSORPTION OF WHICH IS FREQUENTLY ASSISTED BY RADIATION, LASER BIO-STIMULATION, PHYSIOTHERAPY, IONTOPHORESIS, LIGHT THERAPY WITH UVA – UVB OF VARYING SPECTRUMS, SOFT LASER THERAPY, OZONE THERAPY, MESOTHERAPY, OR ACTHYDERM TREATMENT. AT EVERY STAGE OF TREATMENT THE TRICHOLOGIST CAN CONSULT A SURGEON ABOUT HOW TO SUPPLEMENT THE TREATMENT WITH RECONSTRUCTIVE MANAGEMENT. AND SIMILARLY, THE SURGEON MAY QUALIFY A PATIENT DIRECTLY FOR RECONSTRUCTIVE TREATMENT OR MAY REFER HIM/HER TO THE TRICHOLOGIST FOR CONSERVATIVE TREATMENT OR PREPARATION FOR SURGICAL TREATMENT. IT SOMETIMES HAPPENS THAT A PATIENT MUST BE FURTHER TREATED BY THE TRICHOLOGIST AFTER RECONSTRUCTIVE SURGERY– THEN HE/SHE IS REFERRED.



## DISCUSSION

A CLOSE COLLABORATION OF SURGEON AND TRICHOLOGIST CREATES OPTIMAL CONDITIONS FOR MANAGEMENT OF VARIOUS TYPES OF HAIR LOSS. LOCATING BOTH PRACTICES IN ONE CLINIC ENABLES NATURALLY OCCURRING PENETRATION OF BOTH SPECIALIZATIONS TO THE BENEFIT OF THE PATIENT. SUPPLEMENTING THIS TEAM WITH AN ENDOCRINOLOGIST ENABLES COMPLEX MANAGEMENT OF MALE AND FEMALE ALOPECIA. ONE MAY VENTURE TO SAY THAT THIS IS A STATE-OF-THE-ART ALOPECIA TREATMENT.

