

Q&A

Hair restoration – a proud revelation

BY NANCY EAGLETON

Why is it so taboo to talk about hair loss? And the topic of treating hair loss seems to be even more hush-hush. While most men who have had a hair restoration procedure prefer to keep it a secret, that's not the case for Michael Miller, Community Newspapers editor and co-owner.

In this candid Q & A, Miller opens up about why he did it and how he feels about having it done. He hopes to give a voice to men suffering with hair loss, and inspire a few to consider doing something about it.

So, you had a hair restoration procedure?

Yes, I had a hair restoration procedure last September performed by Dr. Anthony Bared right here in South Miami. After four years of contemplating having it done, I finally went for it. And I'm so glad I did. I am reinvigorated and my outlook on life is much better.

Why did you have the procedure?

My hair started dropping out about 15 years ago. I immediately started asking myself, "When are you going to do something about it?" Hair loss is a state of mind – if you don't mind, then it doesn't matter. But I did mind. It really bothered me. When the hair loss begins, you know it's only going to get worse. So, I knew that if it bothered me in the early stages, it was really going to bother me as it progressed.

I actually had a hair restoration procedure several years ago at a different facility, and the results were less than perfect. It really needed to be fixed and my hair was thinning in other areas.

Dr. Bared and Dr. Epstein specialize in repairing previous, poor-quality hair restoration results. They see many patients who've had a hair restoration procedure performed years ago using old-fashioned techniques that resulted in an unnatural appearance.

Are you happy with the results?

I'm 100 percent thrilled with the results. I now have hair in all the right places! It has restored my confidence. I feel rejuvenated and more youthful. There's a freedom you get when you do something that you've always wanted to do. I would definitely do it again, and wish I had done it sooner.

What reaction have you received from people?

People are surprised to learn I had the procedure because they say my hair looks so nat-

ural. And it does! This is my natural hair – just repositioned. I really feel that this is the way I'm supposed to look.

Some people have said that they don't remember me not having hair. I probably hid it well. I had my hair cut a certain way and I styled it a certain way. But I knew it was thinning and I knew what I was hiding. I fretted about it every day.

The topic of hair restoration is not usually openly discussed. Are people surprised that you're talking about it?

Many people use anti-aging lotions and teeth whitening strips to look better. People used to be quiet about getting Botox or fillers or even plastic surgery, and now so many people openly discuss their results. If you lost your front tooth, you'd probably talk to your dentist about replacing it.

Like so many others, hair restoration is no different. Like so many anti-aging treatments, this procedure will make you feel better about yourself, and it's worth looking into. Feeling good about yourself is just another part of overall good health.

Everyone I've talked to about the procedure has been very supportive. In fact, a few other men who've had the procedure, but have never talked about it before, opened up about it because I did. And that's great! Women who've had hair restoration tend to be more comfortable talking about it than men who've had the procedure.

How long did the procedure take?

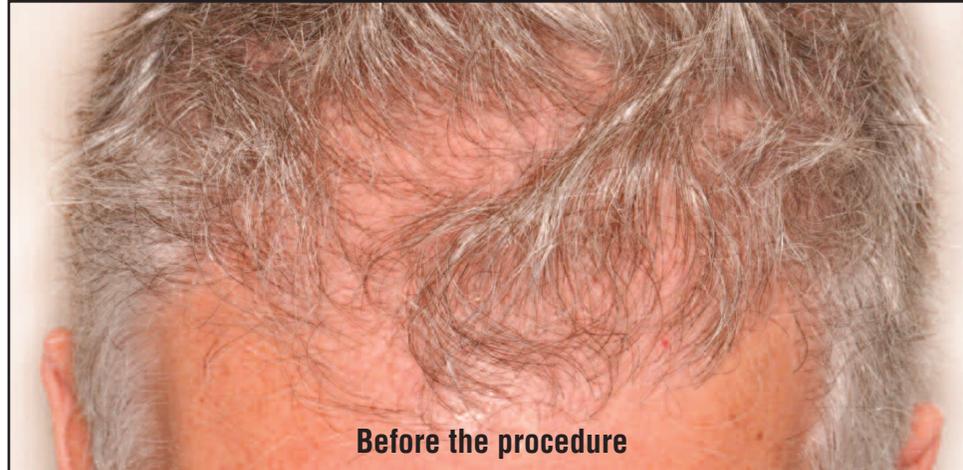
My procedure took seven hours, and I was a little worried about that. But, you're sleepy for part of the time and you can get up and take a break when you need to. It actually went quickly. I was done before I knew it.

Was the procedure painful?

No, it was virtually pain-free! I had local anesthesia and a mild, short-acting sedative that made me a bit sleepy and groggy at the beginning of the procedure.

How was the recovery?

The recovery was amazingly easy. I left Dr. Bared's office with no bandages. I took an antibiotic and medicine for the first three days to reduce the chance of swelling. I had the option to take mild pain pills, but I only took a few Advil. I had the procedure on a Friday and was back to work on Monday, ready to go. I didn't look funny. It wasn't a big deal at all.



Before the procedure



6 months after the procedure

Could you see the donor site after the procedure?

No. With my procedure, the Dr. Bared's team told me to come in with my hair a bit long so it would cover up the donor site, which was at the back of my head where my hair was thickest.

How did you choose Dr. Bared?

Drs. Epstein and Bared have an outstanding reputation in the field. Their technical skills and aesthetic skills are extraordinary. And I know from past experience that this procedure needs to be done right. Once I went to Dr. Bared for a consultation, I knew this was the right place and that he was the right doctor for me. The entire staff is so

knowledgeable and they make you feel comfortable and at ease.

Would you recommend hair restoration to others?

I highly recommend the procedure to everyone – men and women – who are losing their hair and are bothered by it. My results are amazing. My confidence has been restored. Some men wear their bald or balding head very well – it's a badge of honor for them. But for me, hair loss affected my self-esteem. It affects many people this way. If this is the case, it's better to look into having a hair restoration procedure during the early stages of hair loss when the thinning area is manageable.

ABOUT THE TEAM:



Dr. Bared has an extensive facial plastic and reconstructive surgery background. He completed his residency at Jackson Memorial Hospital and was one of 40 nationwide to be awarded a highly competitive fellowship by the American Academy of Facial Plastic and Reconstructive Surgery. His practice is exclusive to hair restoration, facial aesthetic and reconstructive surgery.



Dr. Epstein has been recognized as a leader in the field of surgical hair restoration and facial plastic surgery for nearly 20 years. He devotes his practice to aesthetic and reconstruction facial plastic surgery and has performed more than 10,000 procedures to address male and female pattern hair loss, eyebrow and beard restoration and repairs to previously performed procedures.

If you are considering having a hair transplant contact Dr. Bared at 305-666-1774 or via email at info@fhrps.com. Dr. Bared's and Dr. Epstein's office is located at 6280 Sunset Drive, #504, Miami, FL 33143 or visit www.foundhair.com.