

5 Hair Loss Treatments That Actually Work!

Not a day passes by when you don't hear about a miracle hair-loss curing shampoo on the TV or the internet. There's a reason why people spend so much on their hair. However, with time, they end up realizing that it's all been a waste. Someone who had pattern baldness would have tried many treatments but found a permanent solution only in [the FUE hair transplant procedure](#). That's where we'll start from.

Surgical Hair Transplant

The only treatment that actually works for permanent hair loss is hair transplantation. Many people who struggle with this kind of hair loss try to avoid having the surgery by experimenting with different products. However, none of those products can change your genetic makeup.

The genes responsible for the presence of receptors on hair follicles that bind to dihydrotestosterone (DHT) make the hair fall. The greater the sensitivity to DHT, the easier it becomes for the hair to fall.

Initially, Follicular Unit Transplant (FUT) did the job. However, many complained about the scarring, pain and longer recovery time. And so came Follicular Unit Extraction (FUE). This surgical procedure is all the rage now and the preferred choice.

The surgeon will extract the hair follicles units from the "safe donor area" (safe from the effects of DHT) and put these in the balding areas instead. Therefore, you won't end up losing your hair permanently once the surgery takes place.

Topical Treatments

Minoxidil and Finasteride are the only other treatments that work for permanent hair loss; however, it has a caveat, it only works as long as you keep applying it. Minoxidil simply improves the circulation of blood to the scalp by dilating the blood vessels. Some of its side effects can persist even for years after discontinuation.

It's Finasteride that tries to nip the evil in the bud by stopping the conversion of testosterone to dihydrotestosterone. This topical treatment can result in permanent sexual side effects even after the person stops taking the medicines.

You'll have to go through bottles and tablets of these, which can cost you quite a lot in the end. Moreover, you'll have to continue using them to stop hair loss.

PRP Injections

The growth proteins and healing properties in platelet-rich plasma injections make it a popular choice for those suffering temporary and permanent hair loss. Not only does it repair the hair follicles, but also promotes hair regrowth. Many people get PRP injections even after getting a hair transplant to improve their hair density.

Since the PRP comes from the patient's blood through centrifugation, they don't have to worry about dealing with allergic reactions or rejection.

Derma Rollers

It's like micro-needling for the scalp. Derma rollers come with different needle lengths that serve different purposes. It boosts the production of collagen and improves blood

circulation by creating tiny puncture wounds. It can also help a topical treatment better penetrate into the scalp, such as minoxidil. However, you have to be careful with their use so that you don't end up injuring your scalp or permanently damaging hair follicles.

Hair Oils

The solution to your hair woes may be right in your house. Hair oils contain vitamins, minerals and fatty acids that can nourish your hair to the brim. Hair oils can provide much-needed hydration to your hair, especially during the winter season. Moreover, it can help exfoliate the scalp and improve blood circulation. Many people who use hair oils notice their hair getting thicker, shinier, and longer.

Conclusion

So, here you have it, some of the best hair loss treatments. Before anything, get a diagnosis from your doctor to find out the reason for your hair loss. Hair oils, derma rollers, and PRP alone cannot regrow your hair permanently, but they can make your hair better.



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