

DR. PAUL COTTERILL ON *hair restoration*



“There’s no substitute for an experienced, knowledgeable surgeon that has an aesthetically keen sense of the needs of the patient.”

DR. PAUL COTTERILL VIEWS hair restoration as more than a life changing procedure. To him, this art form should be handled with the utmost delicacy and sophistication. Just as an artist guides his paintings to perfection, Dr. Cotterill takes his time assessing and treating each of his patients, and performing each operation himself.

As the former president of the International Society of Hair Restoration Surgery, the largest global society dedicated to the field, Dr. Cotterill’s expertise is both renowned by his patients and fellow practitioners.

With severely thinning hair and baldness being something that some women actually have to deal with, *Beauty & Wellness* spoke with Dr. Cotterill to gain some insight on hair restoration surgery:

BEAUTY & WELLNESS: *Hair surgery often gets a bad reputation for occasionally having sub-par results, which of course is not the case with you. In layman’s terms, what makes hair surgery so tricky to pull off successfully?*

DR. COTTERILL: The cosmetic results with hair transplantation surgery have vastly increased over the last decade. This is due in large part to the use of small, naturally occurring hair bearing grafts, which, because of the use of microscopic dissection, has allowed the surgeon to more accurately mimic the natural growth patterns of scalp hair. Unfortunately, examples of poor results are still evident. The most common reason, in my opinion, is poor judgment and lack of common sense on the part of the physician. There’s no substitute for an experienced, knowledgeable surgeon that has an aesthetically keen sense of the needs of the patient.



B&W: *People are very sensitive about their receding or thinning hair. Based from your experience consulting with patients for hair surgery, why is that? What are behavioral or social forces that compel them to go for hair surgery?*

DR. C: Scalp hair loss in men is often the first sign of aging. A male that has lost the frontal hairline and framing of the face can look eight to 10 years older than his actual age. Women experiencing scalp hair loss, at any age, are even more psychologically devastated compared to men, since societal values dictate that women are supposed to have full heads of luxuriant hair at all ages.

B&W: *What is your best life-changing hair surgery story?*

DR. C: I remember a male in his twenties who was experiencing pattern hair loss. He came in to see me for the first time wearing a cap and was very reluctant for me to remove the baseball cap as he was so shamed by his hair loss and appearance. He was becoming introverted and socially awkward. Hair transplants were performed and

he came back to visit me a couple of years later, without the baseball cap, accompanied by his girlfriend and grinning from ear to ear. If done properly, hair transplants can make a profound difference in the patient’s life.

B&W: *What are some of your favourite products that you would recommend?*

DR. C: The only two hair loss products that have been proven by scientific studies to regrow hair, or slow down hair loss, are Propecia, a tablet procured via prescription, or over the counter topical minoxidil. A line of hair care products I favour is worldSALON’s CLEAN shampoo and conditioner, which are hypo allergenic, fragrant and sulphate free.



VIEW BEFORE/AFTER
Find out how on page 20



TEL: (416) 322-0390
21 BEDFORD ROAD
TORONTO
www.drcotterill.com