
~ Happy Healthy Hair ~

Many Solutions for Maintaining Great Hair



Timothy M. Jochen, M.D

Hair restoration is something I am very passionate about. Early on in my dermatology career, I decided that hair restoration would be an additional specialty that I would focus on and I really like being able to offer solutions literally from head to toe to my patients.

Having a healthy head of hair is not something that I or anyone should take for granted. At Contour Dermatology, we offer non-surgical options ranging from oral supplements and medications to topical solutions and even low-level laser therapy.

On the surgical side, I perform two types of hair transplants – follicular unit transplantation known as strip grafting and the minimally invasive automated NeoGraft system.

As a hair restoration specialist, I don't just offer these treatments to my patients, I have experienced them all myself. Being in the industry, I have proactively taken Propecia for several years along with the topical solution of minoxidil to ensure that I maintain a desirable level of

hair density. I also understand the importance of certain key vitamins and minerals for optimal hair and nails. I researched supplements and opted to offer the DuCray Healthy Hair System at Contour Dermatology. I currently take the Anacaps tri-activ supplement, which contains the essential nutrients that give the hair bulb and nail matrix the support they need the flourish with vitamins B3, B6, B8, E and 100% of the RDA for iron and biotin along with sulfur amino acids. It's just two capsules in the morning and in a few weeks, you will start to

see a difference. The DuCray Healthy Hair System also includes several shampoos and topical solutions that are designed to stimulate the hair follicles.

Then just last year, I had a brow lift and I had a NeoGraft hair transplant to lower my hairline. You say, 'wait, I can't even tell you had a hair transplant.' Exactly. That's what a good hair transplant is all about. The goal is to create an undetectable, natural looking result for each of my patients. When performing a hair transplant, we take into account many variables including age, ethnicity and how a person's hair will progress in the year's to come. Although we see more men for hair transplants than women, hair loss is especially sensitive for women and we have successfully helped many women fill in a thinning crown or improve overall density through hair transplantation.



Another exciting development in treating hair loss is the Capillus Laser Cap. This device delivers low-level red light laser therapy to the scalp. It is a great adjunct to having a hair transplant to help the transplanted hair come in faster as well as to maintain the results. The Capillus is also great for people who are just starting to notice thinning. It's a product that you buy and use at home – wearing the unit under a baseball cap for

just 30 minutes every other day.

Most of the reasons we see patients about hair is due to male or female pattern baldness. However, we always want to rule out any underlying medical conditions first.

If you have a concern about hair loss or just want to be proactive about maintaining your lovely locks or manly mane, please, come see me. We have many ways we can help you have happy, healthy hair.

Contour Dermatology Locations

Rancho Mirage 42600 Mirage Road
Palm Springs 1180 North Indian Canyon Drive, Suite E-419

760-423-4000
888-977-SKIN
