

Hair Tips for Women



Women seem to find the hair situation more daunting than men, so here are a few quick tips from a female Chiari patient:

- Approach the whole issue positively and with a bit of humor. It really isn't a big deal since the hair grows back quickly. Instead of obsessing, make a joke about it.
- Most surgeries are planned many weeks in advance, giving you time to grow out your hair. My hair is short and layered, so I used those weeks to grow out the hair on the upper part of the back of my head.
- After the surgery, I borrowed the "comb over" concept used by bald me and did a "comb down." The hat I had bought to hide the incision was returned to the store unworn.
- Just for fun, take a picture. The surgery is a big event in your life, and the photo will be a memory.

Source: Conquer Chiari: A Patient's Guide to the Chiari Malformation – Second Edition, page 162