

## Hair Tips from Nancy

While many of you might want to embrace your scar and show it off there are many that want to cover it up. Having surgery can be a traumatic thing and sometimes you might not want have it visible to show the whole world. Check out Hair tips from Nancy below for an idea for hiding your scar(s).



As you can see in the picture on the left, I had two incisions, and a fairly large area of hair had been shaved. My neurosurgeon uses a dural patch from the patient's own scalp tissue, necessitating the upper incision and the larger area. Women seem to find the hair situation more daunting than men, so here are a few quick tips:

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 men, and did a "comb down." As you can see in the photo, the hair completely covered the bald spot. 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.