

SHEDDING HAIR AFTER WEIGHT LOSS SURGERY

Shedding hair happens three to five months after weight loss surgery and is relatively common. This is because you may not be getting enough protein and the general stress your body goes through from surgery. Other less common reasons for post-surgery weight loss is lack of dietary nutrients such as zinc, biotin, potassium, vitamin B6 or phosphorus.

A deficiency of these nutrients can damage the hair root, making the follicles weak leading to a break in hair as it grows through the scalp.

To prevent this, make sure your diet is rich in protein and take the appropriate vitamins and minerals. Here are some tips to protect your hair.

- Consume a minimum of 60 to 80 grams of protein a day.
- Include protein at meals and snacks.
- Use protein shakes to meet your protein needs.
- Take your vitamins.
- Eat a wide variety of healthy, nutrient-rich foods every day.

If bariatric surgery related hair loss does occur, don't worry- it will grow back!!