

See page 174...New Dates and Venue for the 2006 Annual Scientific Meeting!

COLUMNS

- 150 President's Message
- 151 Co-Editors' Messages
- 153 Notes from the Editor Emeritus
- 160 Pioneer of the Month
- 176 Cyberspace Chat
- 181 Letters to the Editors
- 182 Surgical Assistants Message
- 187 Classified Ads

FEATURE ARTICLES

- 155 New British Decontamination Standards: Implications for Private Practice
- 157 Midline Convergence: Nature's Way to Maximize the Appearance of Midline Density
- 161 Highlights from the Advanced Review Course
- 162 Highlights from the Basics in Hair Restoration Course
- 163 Highlights from the General Session
- 167 ISHRS Honors Its Own
- 171 Highlights from the General Session
- 172 Highlights from the Live Surgery Workshop
- 173 Highlights from the Paper Presentations
- 179 ISHRS Announces Successful Launch of Inaugural Practice Census Survey: "Stood Up" & "Were Counted"
- 183 What Makes a Good Hair Transplant Assistant?

See page 179...The ISHRS inaugural Practice Census Survey has been launched!

2005
Annual Meeting
Highlights
Inside

Hair Transplantation without Post-operative Edema

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Edema of the forehead or eyelids is a common complication after hair transplantation, appearing 2–6 days after the operation. In rare cases, edema is accompanied by ecchymosis of the eyelids. In some cases, this edema is so severe that the patient cannot open his or her eyes, and this can delay returning to normal life and work.

Over the years a variety of physical methods and steroid regimens have been recommended to reduce this edema.¹ Physical methods have included maintaining a semi-reclining position,¹ usage of a firm head band, usage of adhesive tape below the hair line, and usage of ice packs. Steroid regimens have included oral medications, intramuscular injections, and the addition of steroids to xylocaine. Unfortunately, none of these methods reliably prevent edema.

Objective

The objective of this study was to compare a new steroid-containing tumescent fluid injection technique with existing techniques for effectiveness in reducing post-operative edema.

Patients and Methods

Three hundred and seventy-two patients undergoing hair restoration surgery from May 2001 to August 2003 were placed into one of eight treatment groups described below. Three hundred and forty patients completed the protocols, including 291 men and 49 women, aged 26 to 62 (mean 43.5 ± 7.1).

All patients underwent identical surgery to restore the hairline, frontal and vertex zones, using follicular unit grafts placed into slits. All patients wore a scalp dressing for 24 hours and showered after removal of the dressing. All patients took prophylactic antibiotics for 10 days beginning one day prior to surgery.

Duration, severity, and anatomical site of edema were evaluated daily from the second day to the sixth, and were scored on a 0–IV scale. Patients not evaluated for staging were dropped from the study:

- Stage 0: No edema
- Stage I: Upper forehead edema (days 2–3)
- Stage II: Upper and lower forehead edema (days 3–4)
- Stage III: Pre-orbital edema (days 4–5)
- Stage IV: Black eyes (days 5–6)

Treatment Groups

Groups I–IV: Steroid Methods

Group I: Tumescent Steroid Solution

100cc of Normal Saline with 40mg of triamcinolone acetonide and 1cc of epinephrine 1:1000 used as recipient area tumescent solution. 126 patients were enrolled in this group. 9 patients dropped out due to incomplete follow-up.