

Hair Loss - From Tight Hair Style

Definition

- Broken hairs from tight braids or pony tails

Health Information

Symptoms

- Broken hairs mainly are seen at the hairline or where the hair is parted.
- It's usually the same on both sides of the head.
- A frizzy look from hairs broken off at various lengths.

Cause

- If hair is pulled too tight, it will eventually break.
- Finer hair breaks sooner than coarse hair.
- Mostly seen with tight braids, pony tails or dreadlocks.
- Hair can also be lost because of vigorous hair-brushing or back combing. Hot hairstyling tools can also cause hair damage.
- Can also occur during exercise while wearing head phones.
- Hair loss is not caused by shampoos.

Care Advice

1. Overview:

- Some broken hairs are seen in anyone with the hair pulled back.
- How much depends on how much tension is put on the hair.
- Here is some care advice that should help.

2. Reduce Tension on the Hair:

- Change the hair style to one that doesn't put tension on the hair.
- If that is not acceptable, loosen the ponytail or braids.
- If they feel tight or there's any pain, this means it's too tight.
- If you don't loosen it, hairs will break.

3. Pimples in the Hair and On the Scalp:

- Pimples in the hair are common with tight hair styles. Reason: Damages the hair follicle and makes it prone to infection.
- Another cause is using any ointment that blocks the hair follicles.
- Treatment: Stop using any ointments or oils in the hair.
- Wash any ointment or greasy pomade off the scalp with soap and water.
- Antibiotic Cream: Apply an antibiotic cream (not ointment) to the pimples 2 times a day for 3 days. No prescription is needed.

4. **Hair Care:**

- Treat the hair gently.
- Wash the hair no more than once per day. Always use a hair conditioner.
- Comb the hair rather than brushing it.
- Be careful at combing out any tangled hair.
- Don't put too much tension on the hair.

5. **What to Expect:**

- With treatment, most pimples will clear up in 3 days
- If tight hair styles are avoided, the hair will return to looking normal. It may take 6 months.
- Warning: If tight braiding continues over 10 years, permanent hair loss can occur.

Call Your Doctor If

- Hair does not grow back by 6 months
- You think your child needs to be seen
- Your child becomes worse

Pediatric Care Advice

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