

BroadcastMed | Will I lose my hair following weight loss surgery and are there any supplements I can take to prevent hair loss?

NOEL A. Secondly, most asked question is am I going lose my hair. The answer is yes and no. So alopecia can occur after surgery. If it does happen, it happens between the third in sixth month after surgery. It can last up to a year. Why does it happen? Normally it's a stress response. So anyone who loses weight rather quickly can have an issue with hair loss.

It's not necessarily related to bariatric surgery in and of itself. It has more to do with the stress response of losing a lot of weight quickly. Are there supplements that you can take to prevent it? Yes and no. There have been no studies that show that they will help, but it doesn't hurt to take them. Nobody's going bald. Once your weight loss stabilizes, then your hair will kind of grow back on its own.