

Did you know Cicatricial (scarring) Alopecia (I call CICAL for short) inspires creative talents you never knew you had? As time goes on, and we may lose more hair, we devise many ingenious ways to cover or camouflage our loss. CICAL also taught me how to spell camouflage!

As a CARF Patient Outreach Volunteer (POV), I want to help as many people with CICAL as I can. So, I will share something that has worked for me. As we know, helpful ideas do not work for everyone so take heed. Also, as hair loss continues we must be adaptable and plan for new ideas to camouflage or cover our loss.



For whom might the mini hairpiece regimen work?

- If you have frontal hair loss (forehead, temples) or other totally scarred areas on the head.
- If you are at the point that you freak out at the subtlest breeze, because it may expose your hair loss.
- If you are a low hair maintenance person.

Mini hairpiece positives

- They stay intact and in place for 2 to 6 weeks (for most people).
- They don't just fall off – if a mini piece starts to loosen, you can press it back on for the next few days until you have time to change to a new one.
- People can't tell that you are wearing mini hairpieces as the pieces blend with your own hair.
- Wind is no longer a concern.
- They can be washed along with your own hair.
- They can be blown dry along with your own hair.
- With minimal tugging on the mini pieces, they can be set with your own hair.

Mini hairpiece negatives

- I've heard they slide off in hot humid weather – that has not happened to me, but I don't live in a hot humid climate.
- They may not work if you have extensive hair loss or thinning throughout your remaining hair.
- They should be applied to only scarred skin and never on skin that is inflamed or irritated.
- Some people may be sensitive to the tape. Always do a tape test first to assure you do not have a skin reaction.
- There is a bit of a learning curve. I found initially the whole process of cutting a small mini hairpiece from the larger piece and application took about a half an hour. Now it takes about 10 minutes.

Mini Hairpiece Application

1) What you need

- A swatch of hair that matches your own hair (You will cut pieces from this). I get mine at Hairdirect.com. I use a lace base as it looks more like skin, but polyurethane is an option which is more durable. There are also different kinds of hair, so before you order, do research and ask lots of questions.
- Blue roll or strips of double-sided tape (Davlyn lasts the longest – I also get from hairdirect.com).



2) Prepare “Piece”

- Cut a piece about 2” x ¼” from the swatch of hair.
- Cut 2 small square pieces from your tape.
- Cut a small square (1/4 x ¼ inch) from your tape and apply one square at each end on the base side of the mini hairpiece.



3) Prepare Skin

- Leave a space from the edge your hairline – approximately 1/4 – 1/2 inch (this space may not show, but if it does a camouflage product like Couvres’ or Toppik can be used after the piece is in place).
- Below that space – clean with soap and water, exfoliate, and wipe with 90% isopropyl alcohol.

4) Application

- Remove the blue paper backing from tape that that has been attached on your 2” hairpiece.
- Place the mini hairpiece on the cleaned skin – not too close to the hairline.
- Do not wash hair for 24 hours.
- Repeat with as many other pieces as needed.

5) Removal

- It is best to wait till the mini hairpiece is starting to detach (removing prior to this time can be messier and stickier).
- Using a Q-tip or spray bottle, apply 90% isopropyl alcohol along the edge of the tape that is holding the mini hairpiece to your scalp, and it should easily release.
- I often re-use the mini hairpiece a second time. Removing the tape from the piece can be a little tricky and sticky but can be done using isopropyl alcohol.