

Hair Loss and Dialysis

While you are on dialysis you may have hair loss. The reason for this varies. You can discuss this with your doctor. Hair loss is usually temporary.

What causes hair loss while on dialysis?

- Low protein
- Vitamin deficiency (such as zinc, calcium, or iron)
- Thyroid problems
- Side effects of medications

What can I do to prevent hair loss?

- Talk to your dialysis dietitian about your protein levels. Your dietitian may say to eat more protein.
- Ask your doctor to check your lab work. They may prescribe a medication or a renal vitamin.
- Suggest your doctor review your medication list. There may be a medication that is causing hair loss.

What can I do while I wait for my hair to grow back?

- Be gentle with your hair. Avoid using harsh perms, hair dye, or tight rubber bands.
- Ask your hair stylist about how to hide thinning hair.
- Eat the amount of protein your doctor or dialysis dietician recommends.
- Take your medication or renal vitamin as prescribed.

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