



***NEWS RELEASE (With Images and Sensational Video)
For Immediate Release***

DANCING ON ICE'S RYAN SIDEBOTTOM HAS HAIR TRANSPLANT TO SAVE CURLS AND SHOWBIZ CAREER.

- Former England cricketer wants to build on his newfound celebrity status
- DOI star says going bald would've changed his character and made him introverted
- Ryan believes an 'Instagram and Twitter era' is putting pressure on men to look good
- His hair transplant has helped him improve his mental health and self-esteem
- He says 2450 hair transplant surgery was "very easy and simple"

DANCING On Ice star Ryan Sidebottom has had a hair transplant fearing his budding showbiz career could be wrecked by the loss of his trademark tresses.

The former England cricketer went for hair surgery after hair and makeup sessions on the ITV skating show revealed his long curls were receding.

Worried his thinning locks would put an early end to his newfound celebrity status and earning power, he opted for a FUE procedure at cricketing pal Michael Vaughan's Harrogate-based MHR Clinic.

He told staff at MHR Clinic: "My hair is my image, it is part of my personality. It's what I'm known for in a way. It is part and parcel of me and how I feel I look as a person in the public eye.

"Being on the skating has broadened my horizons in terms of people seeing me as a personality. Nobody really cares that I played cricket now. They go, 'you're that skater guy, you're the guy from Dancing On Ice.'

Ryan added: "I've probably another 40 years ahead of me, probably another 30 years to work. It is like, 'Right, how am I going to support my family? How am I going to pay the bills, pay my mortgage?'

"The hair makes all the difference. That was one of the reasons why I came to MHR and had the procedure done. It was really important for me to keep my hairstyle and have the surgery."

<https://youtu.be/DhIF7rQNDJq>





Modern Man

The reality show star, who let the cameras in on his five hour surgery, also cited pressures placed on men by social media in his decision to have hair surgery.

He said: “In terms of Instagram, social media, Twitter, everyone wants to look good, regardless men or women.

“Modern man now is looking after himself a lot more. We all want to look good. We all want to make sure we don’t have that many wrinkles. We want to look as young as we possibly can for as long as we possibly can.

“People come up to me all the time and go, ‘Can I have a selfie?’ Then you want to look the best you possibly can.”

Surgery

Reflecting on his 2450 hair FUE procedure, Sidebottom, 41, said: “My right hand side had receded a lot more than the left. I didn’t like it. I tried to hide it.

“I noticed it a little bit on Dancing On Ice in hair and makeup. But when you see yourself on TV or in any newspaper, if you see that and don’t think it looks good, it’s a confidence thing.” Candid footage of Ryan’s hair transplant can be seen in the videos on this page.

“The procedure was to make it look symmetrical, to make it look even and natural,” he said. “It wasn’t what I imagined. I thought I’d be in lots of pain and I’d have a lot of ill effects afterwards. But it was just very easy and simple.”

Ryan also takes micro doses of hair loss medicine finasteride to stop him shedding the rest of his hair. He has fortnightly low level laser therapy and uses DHT-blocking shampoos and lotions to boost its volume.

He added: “In a few months’ time or maybe just a little bit longer, I’ll have a full head of hair. I’m really happy with what has happened. I can’t speak highly enough of MHR and what they’ve done for me.”

<https://youtu.be/R1i85XqqV9M>

Mental Health

The Dancing On Ice star, who has had long hair since 15 years-old, also explained how his hair transplant was helping him battle back from the mental low he suffered after retiring from cricket.

Sidebottom was a first class cricketer for Yorkshire and Nottinghamshire and was part of England’s World Cup winning team in 2010. He previously described the period in his life after his playing career ended as a “[deep, dark hole](#)” to raise awareness about suicide prevention.





He told MHR Clinic: “There was a time in my life when I felt just really down. You give everything for your country and cricket. When that’s all gone, it feels just very weird.

“Retiring from cricket I felt quite low in confidence. With my hair I felt low in confidence too. It’s all related really in terms of what I’ve spoken about on mental health.

“That was one of the main reasons why I had my hair procedure.

<https://youtu.be/BPJc2CyoY0E>

“I was losing my hair at the front. It would have changed my outlook. It would have changed my personality and probably I would have become more introverted on the back of it.

“I just want to keep going forward, and always feel the same way as I’ve always felt.

“You want to feel good about yourself. It isn’t to be a poser or look good. It’s a self-confidence thing.

“Being open about it is me saying to people, ‘if you’re feeling low in confidence because of your hairline, do something about it, go have it done’.”

MHR Clinic founder Craig Henton said: “Ryan’s situation shows how even a moderate amount of hair loss and restoration can affect a career and confidence.

“We are delighted with the results of Ryan’s FUE surgery and look forward to them helping him as he moves into a new period of his working life.”

ENDS

Additional Notes

MHR Clinic

MHR Clinic is a world-leading hair transplant clinic offering advanced surgical procedures, medical treatments and supplementary therapies to achieve unparalleled, natural hair restoration results for men and women. It is owned by Craig Henton, Ryan Giggs OBE and Michael Vaughan OBE. Based in Harrogate, Yorkshire and Knutsford, Cheshire its specialists have more than 40 years of combined clinical experience and expertise. Its state-of-the-art clinics offer the latest hair assessment, transplant and growth technology in private, exclusive and relaxing surroundings.

Notes to Editors

MHR Clinic created and distributed this content in anticipation of receiving mentions of its brand and links to its website when it was used by media. With the greatest understanding of editorial policies it asks, where possible, to please provide suitable reference to MHR Clinic in copy and links to its website www.mhrclinic.uk which has more content about Ryan Sidebottom’s FUE procedure. Please also credit MHR Clinic when using its photos. Many thanks indeed.

For additional quotes, images or interview opportunities please contact **Jonathan Stones** on **07460 644844**. 

