

## Follicular Unit Extraction Hair Transplant

Ines Brajac\*

Department of Dermatovenerology, University of Rijeka, School of Medicine, Croatia

### ABSTRACT

Modern hair transplantation was introduced within the 1950s by Dr. Orentreich. He started with the help of 4 mm punches. Then the concept of mini and micrografting, and later in 1990s the Follicular Unit Hair Transplantation (FUT) took over. With FUT, transplantation of hair in present individual follicular units was established. In these methods, donor harvesting was done by single strip method with elliptical excision of donor, followed by suturing. The significant disadvantage of single strip harvesting was the resultant linear donor scar. Though it's possible to supply a really fine linear scar with the newly described trichophytic closure it does pose cosmetic problems for several patients particularly those that wish to wear short hair. Bernstein and Rassman started developing the FOX procedure, heralding a new surgical hair restoration procedure without strip harvesting. The FOX procedure also referred to as FUE (Follicular Unit Extraction), FUSE (Follicular Unit Separation Extraction) method, Wood's technique, FU Isolation method is fast becoming an alternate method of extraction of grafts as follicular units in selected cases. While there are many limitations to the present new technique, several new developments are happening to beat the restrictions of number of grafts in one session of FUE.

**Keywords:** Follicular unit separation extraction, Follicular unit extraction, Follicular unit hair transplantation

### INTRODUCTION

Follicular unit extraction, sometimes mentioned simply as FUE, may be a method of hair transplant surgery that manually removes individual hair follicles from the patient's scalp. Once extracted, hairs are then implanted to bald or thinning areas round the head. Unlike more invasive methods like follicular unit transplantation, or FUT, this method doesn't require the removal of a donor strip of scalp to extract individual follicles. The FUE technique is performed manually, from extraction to implantation, by a talented hair transplant surgeon. Newer methods like Neograft or the ARTAS system atomizes parts of the FUE procedure for quicker treatments and fewer errors. Before the dissection of the follicles begins, the donor section of scalp will first be shaved to supply the doctor with better visualization so as to not over-harvest areas. The donor area will then be cleansed and anesthetized with an area numbing agent. During the procedure, one among two extraction methods are going to be used: sharp or blunt dissection [1]. The sharp punch dissection technique limits the depth of the punch insertion so as to avoid follicle transection and provides a more consistent graft. The blunt punch dissection technique uses a dull tip that's less likely to transect the follicles and therefore the tip guides the follicles into the lumen of the punch. This allows for a deeper level of dissection, thereby decreasing manipulation and therefore the force needed for graft extraction. Your hair transplant surgeon will decide what technique is best for your individual needs. During the procedure, 2,400-5,000 grafts are going to be harvested to a specific area on

the scalp. If hairs are transplanted to the eyebrows, typically only 150-200 grafts are needed. Your surgeon are going to be careful to avoid over-harvesting donor areas so as to not cause the body to experience telogen effluvium, a reversible sort of temporary hair loss caused by physical or emotional stress. Follicular unit extraction seeks to reverse hair loss created by thinning hair, bald spots and receding hairlines. Hair loss caused by medication, stress or medical treatment can't be addressed by strip harvesting [2].

The FUE procedure is taken into account safe with minor possible side effects, like tiny white scars where follicles were extracted. In extremely rare cases, there are often infection or tissue death where the surgery was done. You may experience temporary side effects that get away a couple of days after treatment. Side effects may include swelling, bruising, and sensitivity. FUE is usually wiped out multiple 2 to 4 hour sessions over the course of several days. In rare cases, a "mega session" may last 10 to 12 hours. FUE is an outpatient procedure, so you'll typically head home after each procedure. You don't need to interrupt your daily routine an excessive amount of after FUE. But don't immerse the area in water or do any rigorous exercise for about a week. Almost any sort of surgeon is qualified to try to a hair transplant surgery. You may want to consult a dermatologist who focuses on hair loss or is certified in hair transplant surgery. The price of a hair transplant will depend largely on the quantity of hair you're moving, but it generally ranges from \$4,000 to \$15,000. Most insurance plans don't cover it. As with any quite surgery, transplants have some

**Correspondence to:** Ines Brajac, Department of Dermatovenerology, University of Rijeka, School of Medicine, Croatia, Email: ines.brajac@medri.hr

**Received:** November 10, 2020; **Accepted:** November 28, 2020; **Published:** December 09, 2020

**Citation:** Brajac I (2020) Follicular Unit Extraction Hair Transplant. *Hair Ther Transplant* 10:154.

**Copyright:** © 2020 Brajac I. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

risks, including bleeding and infection. There's also the prospect for scarring and unnatural-looking new hair growth. Around the time new locks start to grow, some people have inflammation or an infection of the hair follicles, called folliculitis. Antibiotics and compresses can relieve the problem. It's also possible to suddenly lose a number of the first hair within the area where you bought the new strands, called shock loss. But most of the time, it's not permanent. Talk together with your doctor about these risks and the way much improvement you're likely to urge from the surgery. He can help you decide if it's a good option for you. Hair transplanted into a replacement area of your body typically begins growing back in about 3 to 4 months. You can expect about 10 to 80 percent Trusted Source of the transplanted hair to grow back [3].

The procedure of FUE is

- Your surgeon will shave down the hair within the area where follicles are going to be removed also as round the transplant area.
- employing a micro punch tool, they're going to remove follicles from your skin. Your surgeon will then make a series of small incisions with a needle or other small, sharp tool where the extracted follicles are going to be inserted.
- They'll insert the follicles into the incisions. Your surgeon will clean and bandage the world for recovery. Recovery from FUE is quick. You may have some swelling or discomfort for about 3 days.

Here are some aftercare instructions your doctor may give you:

- Don't wash your hair or shower for at least 3 days.

- Use gentle, unscented shampoos for a couple of weeks once you begin washing your hair.
- Take a few of days off work to assist speed up healing.
- Don't comb or brush your new hair for a minimum of 3 weeks.
- Don't wear hats, beanies, or other clothing that goes over your head until your doctor says it's OK.
- Don't do any strenuous physical activity for a minimum of every week.

Some hairs may fall out during the healing process. This is normal. You'll probably start to note a difference after 3 to 4 months. Depending on the health of your transplanted hair, your hair might not grow back as thick needless to say [4].

## REFERENCES

1. Dua A, Dua K. Follicular unit extraction hair transplant. *J Cutan Aesthet Surg.* 2010;3:76-80.
2. Bicknell LM, Kash N, Kavouspour C, Rashid RM. Follicular unit extraction hair transplant harvest: a review of current recommendations and future considerations. *Dermatol Online J.* 2014;20:112-118.
3. Avram MR, Watkins SA. Robotic follicular unit extraction in hair transplantation. *Dermatol Surg.* 2014;40:1319-1327.
4. Rassman WR, Bernstein RM, McClellan R. Follicular unit extraction: minimally invasive surgery for hair transplantation. *Dermatol Surg.* 2002;28:720-728.