

The Follicular Unit Extraction Hair Restoration Approach

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DESCRIPTION

Hair loss is a common concern for many individuals worldwide, impacting both men and women of various ages. It can lead to significant psychological distress and affect one's self-esteem. Fortunately, advances in medical technology have provided new hope for those dealing with hair loss. One of the most groundbreaking developments in this field is Follicular Unit Extraction (FUE), a minimally invasive hair restoration technique that has gained popularity for its effectiveness and natural-looking results.

FUE is a surgical procedure used to treat hair loss or baldness by transplanting individual hair follicles from a donor area, typically the back or sides of the scalp, to the balding or thinning areas. Unlike the traditional strip harvesting method, which leaves a linear scar, FUE involves extracting individual follicular units, making it a less invasive and more discreet option for hair restoration.

The FUE procedure begins with a thorough consultation with a skilled hair transplant surgeon. During this initial meeting, the surgeon evaluates the patient's hair loss pattern, donor area, and overall health to determine if FUE is a suitable option. If deemed appropriate, the patient and surgeon discuss the desired hairline and the number of grafts needed to achieve the desired outcome.

On the day of the surgery, the patient is prepared for the procedure by trimming the donor area's hair to a very short length. Local anesthesia is administered to ensure the patient's comfort during the extraction and transplantation phases. The surgeon then utilizes a specialized micro-punch tool, typically ranging from 0.7 mm to 1.0 mm in diameter, to extract individual follicular units from the donor site. This process is meticulous and requires precision to minimize damage to the grafts.

One of the notable advantages of FUE is its ability to harvest hair follicles selectively, without leaving a noticeable linear scar. This makes it an attractive option for individuals who prefer to wear their hair short, as the absence of a scar allows them to maintain a buzz cut or a cropped hairstyle without fear of visible scarring.

The extracted grafts are then meticulously prepared under a microscope, a crucial step in ensuring their viability for transplantation. The surgeon carefully inspects each graft, ensuring it is intact and contains a healthy hair follicle. This attention to detail is crucial to achieving a natural and aesthetically pleasing result.

With the grafts prepared, the surgeon proceeds to create tiny incisions in the recipient area, where the transplanted follicles will be inserted. The angle and direction of these incisions are critical to mimic the natural growth pattern of the patient's hair. This precision is essential for achieving a seamless and undetectable outcome.

The final step of the FUE procedure involves placing the extracted grafts into the recipient incisions. This delicate process requires the surgeon's skill and experience to ensure that the grafts are evenly distributed and aligned correctly. Once all the grafts are in place, the surgeon carefully assesses the transplanted area to ensure it meets the patient's expectations.

The FUE procedure typically takes several hours, depending on the number of grafts required. After the surgery is complete, the patient is provided with post-operative instructions, including care for the donor and recipient areas. Recovery time varies from person to person, but most individuals can return to their regular activities within a few days to a week.

One of the primary advantages of FUE is the minimal scarring it leaves behind. Unlike the traditional strip harvesting method, which results in a noticeable linear scar, FUE leaves tiny, dot-like scars in the donor area. These scars are typically less visible and can be easily concealed, even with very short hair. This makes FUE an appealing option for individuals who prioritize discretion. Another significant benefit of FUE is its natural-looking results. Because individual follicular units are transplanted, the outcome closely mimics the natural hair growth pattern. This results in a seamless and undetectable appearance, allowing patients to enjoy a full head of hair without anyone suspecting they've had a hair transplant.

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Furthermore, FUE is a versatile technique that can be used to address various degrees of hair loss. Whether a patient has minor thinning or advanced baldness, FUE can be tailored to meet their specific needs. This flexibility makes it a viable option for a wide range of individuals seeking hair restoration.

Recovery from FUE is generally faster and less uncomfortable than traditional hair transplant methods. Patients may experience some mild swelling and discomfort in the days following the procedure, but these symptoms typically subside quickly. Most patients can resume their regular activities within a week, although strenuous exercise and direct sunlight exposure should be avoided for a bit longer.

It's important to note that the success of an FUE procedure depends on several factors, including the patient's age, the quality of the donor hair, the skill of the surgeon, and the patient's adherence to post-operative care instructions. While

FUE offers excellent results, it's essential for patients to have realistic expectations and understand that full results may take several months to become apparent as the transplanted hair gradually regrows.

Follicular Unit Extraction (FUE) represents a remarkable advancement in the field of hair restoration. This minimally invasive technique offers numerous advantages, including minimal scarring, natural-looking results, and the ability to customize treatment to each patient's unique needs.

While FUE may not be suitable for everyone, it has provided hope and confidence to countless individuals struggling with hair loss, helping them regain a fuller head of hair and a boost in self-esteem. As technology and techniques continue to improve, FUE is likely to remain at the forefront of the battle against hair loss, offering a reliable and effective solution for those seeking hair restoration.