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100% Effective Natural Hormone Treatment
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Uprooting the Details and Benefits of Follicular Unit Extraction

By Maggie Kay

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After decades of bad hair restoration techniques, a new and improved method of transplantation has finally evolved. The "corn row" look has been replaced by follicular unit extraction. This is by far the most effective, natural-looking method of hair restoration. It is also the method of choice by both hair transplant surgeons and patients.

What is follicular unit extraction?

Follicular unit extraction is the process by which small groups of follicles (between 1 and 4 hair follicles in a graft) are transplanted into the receptor site. This allows for equal distribution of grafts resulting in a more natural-looking appearance.

What is the procedure like?

Follicular unit extraction is performed with a punch-like scalpel that cuts the skin around the follicular unit and facilitates removal of the follicle from the donor area. About 1 to 3 follicles are removed at a time.

The grafts are then reinserted closely together on the bald scalp. The grafts fit into small slits that have been cut into the recipient area. These slits are about 1 to 2 mm in diameter and are completely undetectable once the new hair grows out. The slits heal quite quickly and do not need suturing.

This process is repeated until the desired area is covered. Although many implants are made in one session, there may be a need for an extra session to achieve desired results.

What are the advantages to follicular unit extraction?

Most hair restoration surgeons agree that the advantages to follicular unit extraction far outweigh the disadvantages. Following are some of the reasons why this procedure is highly recommended for those considering hair transplantation:

- No visible scarring
- Smaller incisions

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- Natural appearance
- More oxygen to implants
- Minimal interruption of blood flow to implants
- Closer placement of hair grafts
- Creative flexibility in designing the hair line
- More implants made per session
- Short healing time

About the Author – Maggie Kay is a freelance writer from Montreal and is the head researcher and

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about hair transplant doctors.

Mini–Micrografting – Investigating the Pros, the Cons, and the FUE's

By Maggie Kay

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Mini–micrografting is similar to follicular unit extraction, yet not as advanced.

The mini–micrografting procedure involves removing donor tissue with a multi–bladed knife. The tissue is then cut into smaller pieces using direct visualization; therefore, instead of using a microscope to cut the tissue, a surgeon might use the help of a regular ruler.

The size of the grafts is dependent upon the decision of the surgeon and patient who can choose to cut micrografts (1–2 hairs) or minigrafts (3–6 hairs). When cutting the grafts, the excess skin is not trimmed thereby making the wounds larger than necessary upon implantation.

One benefit of mini–micrografting is that it is time and cost efficient. Most likely, that is the main reason why it is such a popular surgical choice.

Below is an overview of the problems associated with mini–micrografting (in comparison to follicular unit extraction):

- Grafts are cut in such a way that individual follicular units may be split up or damaged
- Harvesting technique does not ensure that each follicle will be kept intact
- Grafts are larger because excess tissue is not trimmed
- Healing time is very slow

Follicular Unit Extraction vs. Mini–Micrografting

Uprooting the Details and Benefits of Follicular Unit Extraction

Most up-to-date hair restoration surgeons recommend that patients choose follicular unit extraction over mini-micrografting because it produces a more natural result, has a faster healing time, and is more efficient in preserving donor hair.

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<http://www.hairtransplantcosts.com/>

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