

## Planning for Men

Specific planning for men depends on the current pattern of hair loss and the likely progression as well as their individual goals. *Young men* should actually be more conservative than older men since they have more time to lose more hair in the future. No matter what plan we choose for you, we always have to leave some hair in the (donor) bank, in case the loss is greater than originally anticipated. We would never want to see you develop unnatural-looking gaps between transplanted and original hair that couldn't be corrected later.

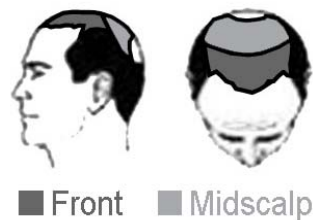
### How Big An Area To Transplant In One Session

The human eye doesn't notice that hair is thinner until half has been lost. For the foreseeable future we will not be able to create more hair. We can therefore ultimately transplant a maximum of one half of your existing safe donor hair follicles. We cannot move them all at once, however.

We have to balance the size of the area covered and the fullness of the transplanted hair. For a given number of grafts, to get greater density we have to cover a smaller area. To cover a bigger area with the same number of grafts we have to accept less density.

We usually aim for a finished hair transplant density that is slightly less than half of the density you had as a teenager in most areas and a little more than that in key areas. This gives you the density of early thinning in a respectably sized area. Some men prefer less density over a bigger area and some prefer more over a smaller area and so we will individualize your plan according to your goals.


We divide the scalp into sections that we call the front, the top (or mid-scalp), and the crown (or back.) As a rough guide if you put a hand so that your baby finger sits on your eyebrows, the front will be one hand-breadth back from that and the top will be the next hand-width back from the front. The crown will be what is left.



We usually aim to finish one section of the scalp per session or to transplant 2 sections with the idea that we will later fill those sections in with more transplanted hair.

### Hairlines

Hairlines must look appropriate now and in the future. An 18-year-old's hairline looks silly on a 60-year-old's face; especially if that 60-year-old has lost lots of hair behind it. We generally aim

for a slightly receded (at least Norwood II ) hairline to allow for aging and future loss. We match the level and shape of your hairline to the shape and size of your head so everyone's hairline should be unique.





To look natural, hairlines should have a few peaks and valleys and not be a straight line or smooth curve. We can create this on our own or use some of your old photos for ideas. There should also be irregular placement of one-haired follicular units to create a soft hairline that does not hit the eye like a brick wall.

### The Frontal Area

People notice the hair in the front of the scalp much more than the hair in the back, so we tend to put more hair in the front of the scalp and space the hair a bit further apart as we work back.

The **Mid-Frontal Forelock** is that central tuft of hair that some men keep longer than the rest of the hair in the front. Having density there makes the hair look thicker everywhere so we usually try to make the hair the fullest in that area.

### The Mid-scalp

Many men keep a band of hair across the **mid-scalp** or **top** of the head later than in the front or the back in a Norwood IV  or V  pattern. We call the areas where this band meets the hair on the sides, the **lateral humps**. When men lose these bumps of hair above their ears they go from looking bald (Norwood VI ) to looking really bald (Norwood VII ). If the front and/or top are transplanted without improving the lateral humps, a thin channel or gutter is seen on both sides. We therefore aim to improve the density in the lateral humps whenever it is needed.

### The Crown

When transplanting the crown it is very important to recreate the natural hair direction and whorls.

Hair loss is progressive but often slows down in one's 50s and 60s. Some men will have enough donor hair to eventually restore their whole balding area with 6000 to 8000 grafts and will have more than enough donor follicles to do this.

Unfortunately, men who will lose the most hair will have the fewest safe donor follicles to transplant. With current hair transplant limitations, for men who are already very bald or those who could become very bald, we either have to concentrate on the front and top of the scalp and accept a bald spot in the crown or have to accept having thinner hair over a bigger area. We therefore are reluctant to transplant the crown until it is clear that there will be enough donor follicles to transplant elsewhere too.