



Hair Transplantation Techniques

A Brief History

Hair transplantation was recorded in ancient times but “modern” hair transplantation started in New York City in 1959. Early hair transplant physicians and patients were satisfied with having hair where there was previously none but the cosmetic results were far from natural. Many patients today unfortunately still think of rows of hair plugs when they think about hair transplantation.

Especially since the 1990s, smaller grafts have been transplanted to make results look more natural. Since the mid 1990s, follicular unit hair transplantation has made nearly undetectable hair transplant results possible. The profession of hair transplantation has matured and hair transplantation is now the most common cosmetic procedure performed for males in North America.

Canadian Hair Transplant Centre Techniques

If you look very closely at the scalp you will see clumps of 1 to 3 or even more hair shafts. The corresponding hair follicles under the skin are naturally bound in groups we call *follicular units*. Using these intact natural follicular units as our building blocks for hair transplantation is called *follicular unit hair transplantation*. We feel that for most patients, follicular unit hair transplantation gives the best and most natural results. Splitting the follicular units into smaller grafts (with only 1 or 2 hairs) makes the transplanted hair look thinner and using grafts that have more than 1 follicular unit can make the transplanted hair look clumpy or pluggy, especially if there is no natural hair in between these larger grafts.

At the Canadian Hair Transplant Centre we want the best results for our patients so we perform follicular unit hair transplantation far more often than any other technique. Specific techniques will be discussed below.

FUT

The accepted gold standard method for hair transplantation is *FUT* or *Follicular Unit Transplantation* with strip harvesting. It has proven reliable, natural results and is the most efficient method to restore your hair with the fewest surgeries and the lowest total cost. It is by far the most common procedure that we perform.

FUT involves

- planning and marking the recipient and safe donor areas
- trimming only the hair that will be removed
- making you relaxed, comfortable, and numb
- surgically removing a long, narrow, shallow strip of skin containing donor hair follicles
- carefully suturing the resulting gap under minimal tension
- delicately dissecting the strip, using microscopes, into slivers that are 1 follicular unit wide