

# AMWC 2016 – Anti-Aging Medicine World Congress

Monaco, Monte-Carlo, March 31- April 2, 2016

## The unshaved long hair graft technique (FUL) and the indications

P. BOUHANNA M.D. (Paris)

### 1- **BACKGROUND:**

The various follicular units hair transplant techniques allow an esthetic and definitive achievement of most hair alopecia. A combining treatment with minoxidil lotion, finasteride, anti-androgens or platelet rich plasma (PRP) are sometimes required. The aim of these treatments is to preserve the remaining residual hairs between the grafts, to prevent the transient hair loss of the transplanted hairs and to initiate the re-growth of grafted and non grafted hairs.

For the follicular unit transplantation (FUT) hairs are harvested with a strip. A prior shaving is needed. Usually almost 4000-5000 hairs can be implanted in one session.

For the follicular Unit extraction (FUE): the scalp is previously shaved. Hairs are harvested manually or motorized 0,8 to 1 mm punches. Usually no more than 2500-3500 hairs are implanted in one session.

We have developed progressively a new method of long hair follicular unit (FUL) without any prior shaving of the harvesting occipital area. The indications are almost for male androgenetic alopecia and female androgenetic alopecia, some cicatricial alopecia (burns, post radiotherapy etc...), afro-american traction alopecia and body hair alopecia (eyebrows, beard).

### 2- **MATERIALS AND METHODS:**

The dynamic multifactorial classification and the digital phototrichogram allow, for both sex, a precise evaluation of various parameters.

The follicular unit long Hair (FUL): the scalp is not previously shaved. Long hairs are harvested with a strip followed by a "trichophytic closure" which allows an undetectable linear scar which can be eventually and easily corrected in a second time with some FUE.

FUL allows to the patient and the surgeon an immediate preview of the result. Almost 4000-5000 hairs can be implanted in one session. For the surgeon it is easier to give the orientation and choose each hair according to their calibers and colors.

### 3- **RESULTS:**

The best choice upon each procedure will be developed according to the age (young or older patient), to the ethnic variations (Afro-Americans, Asians...), to their psychological profile and their own esthetic desire.

The others indications for female are definitive traction alopecia especially on Afro-Americans, post radiotherapy alopecia and facial hair alopecia such as eyebrows and beard.

### 4- **CONCLUSION:**

The modern methods of hair transplantation known as the long hair strip technique (FUL) and the follicular unit extraction (FUE) have been refined. These treatments are now the best solutions for an aesthetic and definitive correction of various alopecia.