

# **FUL or FUE indications for male baldness**

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## **INTRODUCTION**

Interest in the reversal of baldness as a specialty has been enhanced by a precise multifactorial classification of each individual to effectively reverse male androgenetic alopecia (AGA) in selected patients. Two out of every three men experience some degree of balding.

## **MATERIAL AND METHODS**

Combining hair transplantation and hair medical treatments (minoxidil, finasteride, platelet rich plasma (PRP)) improve the result and postoperative evolution.

Follicular unit micrografting procedures allow a definitive esthetic and natural looking hair restoration for most male baldness.

A digitalized phototrichogram enables an objective measurement of the hair growth parameters on the donor area. It has been many years since we developed the follicular unit long hair (FUL) technique. Hairs are not shaved like in the conventional FUT technique but the progress is almost the same.

A strip with long hair is harvested (10 to 30 cm long and 1 to 1,5 cm wide). The scar will be very fine, linear, horizontally and almost undetectable. Sometimes a trichophytic closure is used. More than 4000 hairs can be transplanted in one session.

In the follicular unit extraction (FUE) technique, the patient's hairs are shaved throughout the donor area. The aim of FUE is to harvest intact follicular units by hand or using power micropunches (0.7-1.25 mms). 1000 hairs can be transplanted in one session.

## **RESULT**

The advantages of the FUL procedure are numerous. The "wait and see" is replaced by the "see and wait", the donor area is not shaved and patient scars of the recipient are hidden by the long hair. For the surgeon, the benefits are a better evaluation of the orientation and the obliquity of transplanted hairs, a better choice for the refinements of the frontal hairline with thinner or lighter hairs.

The indications of the FUE techniques are for patients who: routinely shave their scalp, have no laxity of the scalp, are afraid of getting a fine linear scar (which can be eventually corrected with FUE in a second time), have no sign of wide baldness evolution.

## **ANALYSIS**

FUL indications for these type of male baldness are for patients from 18 to 87 years old according to the Hamilton classification:

- Stage II-III = 1000 hairs in 1-2 sessions
- Stage III vertex = 2000-3000 hairs in 1-2 sessions
- Stage IV = 2000-3000 hairs in 1-2 sessions
- Stage V = 4000 hairs in 1-2 sessions
- Stage VI-VII = 6000 hairs in 2-3 sessions.

## **DISCUSSION**

In our own practice for male baldness, FUE are indicated for about 15% of patients and FUL for nearly 85% of patients.