



# forum

Volume 13, Number 4

July/August 2003

## A One-Year Study of Using Exclusively "Follicular Grouping Grafts" in Specific Areas to Increase Hair Density and Volume during FUT

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**W**hat every hair transplant surgeon wants is to produce a result that satisfies the patient. Producing a satisfied patient requires meeting his/her goals of both naturalness and density. Today, a patient wants to accomplish as much as possible with each session. No one doubts that we can produce natural results with the exclusive use of FUGs (follicular unit grafts);<sup>1,2</sup> however, meeting the patient's expectation of density after a single session is a more difficult task to accomplish, especially if we only use FUGs at 20–30 FU/cm<sup>2</sup>. To create greater density, we have traditionally had one of the following options:

1. *Use larger grafts such as minigrfts<sup>3</sup> to increase hair density.* However, in the initial session, we are still limited in the hair density we can create because we need to use larger incisions placed farther apart. In addition, minigrfts have the potential to be more noticeable than FUGs after the first session.
2. *Use a greater degree of dense packing.* We ultimately need a density of 40 FU/cm<sup>2</sup>, or more, to satisfy the average patient's expectation of hair density. Most physicians place FUGs at densities averaging 25 FU/cm<sup>2</sup>. Higher densities are possible, but

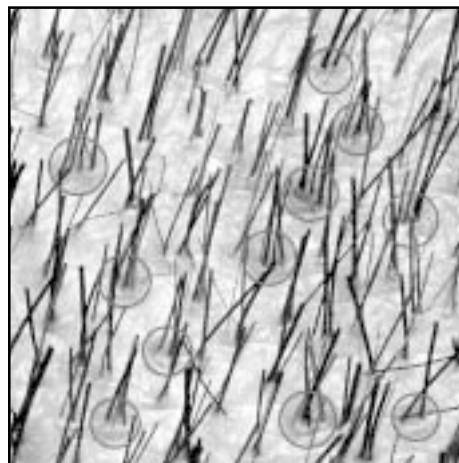


Figure 1. Donor area showing a population of FUGs with 4–6 hairs (circles).

this is a process that is both more tiring and technically difficult. In addition, dense packing at a greater density than 30 FU/cm<sup>2</sup> is believed to potentially have lower survival rates. This is especially true in the central area, in older patients, and in smokers. In extreme cases, tissue necrosis can occur.<sup>4,5</sup>

3. *Repeating multiple sessions.* The problem with multiple sessions is that patients would obviously like to have more density, as soon as possible.

### The "Missing Link"

In the evolution of hair restoration,

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