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A Super-Megassession of 2,800 to 4,000 Follicular Units, Packed to 40–50 FUs/cm²: Are You Prepared?

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The magic of hair restoration is its continuous development. We can't stop searching for better results, and over time we are getting them. It's not easy. Labor is hard and the logistics and rising costs can limit the procedure in some ways. But we can't give up, because the patient, the art, and the personal satisfaction speak louder. The question is: Do we really want to realize that we have to move on, changing the procedure again and again, to get to the new gold standard? Are we ready for this challenge?

When I started doing follicular unit transplantation (FUT) in 1996, the question at that time was "Is it worth it?" Time has passed and the answer is now known.

Nowadays, I still hear skeptical people wondering if the new "gold standard" for dense packing to 40–50 FUs/cm² is worth it. So, I am here to tell you: Yes, it is worth it. It is not just marketing or whatever you can think about it. It provides the best for the patient, creating "cosmetic densities" in just *one session*, because no one wants to look like "a bald man with some hair." They just don't want to be bald anymore.

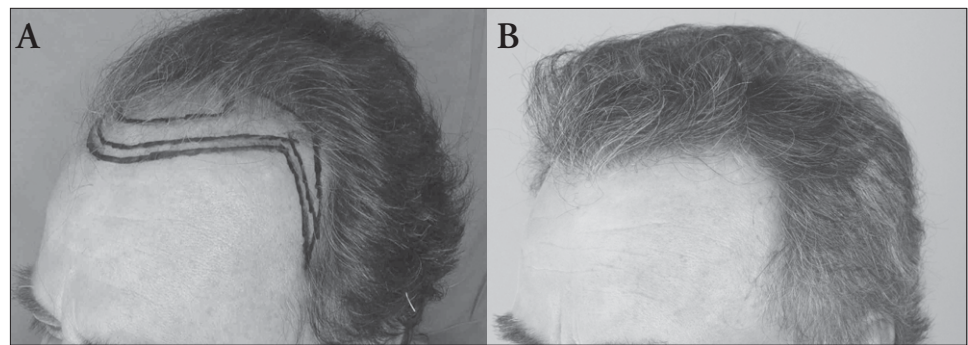


Figure 1. Patient 1 before and after a single session of 2,691 grafts.

Nothing should limit our goal—a satisfied patient—and this leads to a logical consequence: As we are placing the grafts more densely, we are covering a smaller area. So, in a regular session of 2,000–2,500 FUs, we are in fact covering just 40–60cm², a small area. The patient desires coverage of the maximum balding area per session, thus avoiding multiple procedures. We have to make an effort to accomplish as much as possible in just one session for a case of moderate baldness, involving only the frontal third or a small vertex area. Two or exceptionally three sessions will be necessary to cover bigger areas (Norwood class IV–VI). For these cases we should cover 70–100cm² per session, dense packing to 40–50 FUs/cm². For each procedure we will need 2,800–4,000 follicular units grafts. These numbers are realistic regarding the actual size the procedures should be. Following are the key points for achieving this goal.

I. Bigger Donor Areas

In order to produce a greater number of follicular unit grafts (FUGs), we need bigger donor areas, using these concepts:

- a. *The "Mayer-Pauls" Scalp Elasticity Scale.* This makes a great difference, so that we can predict