

FORUM

VOLUME 32 | NUMBER 1
JANUARY/FEBRUARY

2022

HAIR TRANSPLANT FORUM INTERNATIONAL

IN THIS ISSUE

Histological Analysis for the Cause of Kinky Hair after Hair Transplantation

Preview Long Hair Transplantation with Donor Harvesting Using the Follicular Unit Excision Technique

Follicular Unit Excision-Linear Ellipse (FUE-LE): A New Way to Add the Linear Ellipse Donor Harvesting Method to Any FUE Practice

Sharon A. Keene, MD, FISHRS | Tucson, Arizona, USA | drkeene@hairrestore.com

ABSTRACT

Many hair restoration practices offer exclusively the Follicular Unit Excision (FUE) method of donor harvesting, excluding the linear ellipse (LE), or “strip,” procedure. In speaking with new surgeons joining the field of hair restoration surgery, the most common reasons for not offering the “older” linear ellipse method of donor harvesting are the linear scar, lack of patient demand, and lack of staff trained to perform graft dissection. However, experienced surgeons who perform both donor harvesting methods understand the merits of each, aware that with appropriate patient education and selection both methods can provide excellent cosmesis for recipient and donor areas, in addition to optimizing a good long-term surgical plan to preserve future donor area harvesting if or as needed. Furthermore, patients with or destined to develop advanced pattern hair loss often have a sufficiently larger recipient area compared to the safe donor area making a single method of donor harvesting likely to limit coverage. These patients are best served by a combination of both methods to achieve the greatest number of follicular units (FUs) harvested with the least visible donor deficit. For this reason, identifying a way for FUE-only clinics to easily add the LE procedure to their practice would be advantageous for patient care. To that end, I present here the technique of using FUE to harvest all follicular units from inside a pre-marked area of a planned linear ellipse—a novel technique called Follicular Unit Excision-Linear Ellipse (FUE-LE).

Keywords: follicular unit excision (FUE), linear ellipse (LE)

This article is open access and may not be copied, distributed, or modified without written permission from the International Society of Hair Restoration Surgery.

THE FUE-LE PROCEDURE

The FUE-LE procedure is a five-step donor harvesting procedure as follows:

Step 1: Identify the safe donor area (SDA) and, based on the number of planned grafts and density of the SDA, demarcate a zone for excision (Figure 1). For example, a planned procedure of 1,500 grafts with a density of 75 FU/cm² requires 20cm² donor area (75 × 20 = 1,500). In this situation, this can be achieved with a 1cm-wide area that is 20cm long, or 1.2cm wide and approximately 17cm long, etc.

Step 2: Excise all FUs inside the area of demarcation (Figure 2) using the preferred FUE machine. The demarcation area can be adjusted if the FUE yield is more or less than expected. Importantly, since the excision holes will be removed, punch scar size is not an issue, therefore, it may be advantageous to use a 1mm or larger punch to ensure minimal transection and additional perifollicular tissue around the grafts.

Step 3: Perform a full-thickness ellipse of scalp skin and subcutaneous tissue along the demarcation lines. This excision is carefully performed along the lines to limit

FIGURE 1. Demarcated zone of planned FUE.



FIGURE 2. FUE inside zone of demarcation.



SAVE THE DATE

ISHRS PANAMA
30TH WORLD CONGRESS
WESTIN PLAYA BONITA - PANAMA CITY
OCTOBER 27-29, 2022
30THANNUAL.ORG

INTERNATIONAL SOCIETY OF
ISHRS
HAIR RESTORATION SURGERY

FORUM
ePUB
Official Publication
of the ISHRS

TABLE OF CONTENTS

- 1 Follicular Unit Excision-Linear Ellipse (FUE-LE): A New Way to Add the Linear Ellipse Donor Harvesting Method to Any FUE Practice
- 3 President's Message
- 4 Co-Editors' Messages
- 5 Notes from the Editor Emeritus: Dr. William Parsley
- 6 How I Do It: How I Make My Regular Punch Flared
- 8 Histological Analysis for the Cause of Kinky Hair after Hair Transplantation
- 11 Preview Long Hair Transplantation with Donor Harvesting Using the Follicular Unit Excision Technique
- 17 Hair's the Question: Neuroendocrinology of the Human Hair Follicle: Part 3
- 20 The Notable Articles Project
- 26 Hear from the Assistants
- 27 Literature Review
- 28 ABHRS President's Corner
- 29 Message from the ISHRS 2022 World Congress Program Chair
- 32 Classified Ads
- 33 Calendar of Events

HAIR TRANSPLANT FORUM INTERNATIONAL

is published bi-monthly by the
International Society of Hair Restoration Surgery

First-class postage paid Milwaukee, WI and additional mailing offices.

POSTMASTER Send address changes to:

Hair Transplant Forum International
International Society of Hair Restoration Surgery

1932 S. Halsted St., Suite 413
Chicago, IL 60608 USA

Telephone 1-630-262-5399
U.S. Domestic Toll Free 1-800-444-2737
Fax 1-630-262-1520

President	Nilofer Farjo, MBChB, FISHRS president@ishrs.org
Executive Director	Victoria Ceh, MPA vceh@ishrs.org
Guest Editors	Russell G. Knudsen, MBBS, FISHRS Bradley R. Wolf, MD, FISHRS forumeditors@ishrs.org
Managing Editor & Advertising Sales	Cheryl Duckler cduckler@ishrs.org

COLUMNISTS

ABHRS President's Corner	Timothy Carman, MD, FISHRS
Controversies	Russell G. Knudsen, MBBS, FISHRS
Hair's the Question	Sara M. Wasserbauer, MD, FISHRS
Hear from the Assistants	Marwan Noureldin, MSc
How I Do It	Timothy Carman, MD, FISHRS
Literature Review	Aditya K. Gupta, MD, PhD, FISHRS Nicole E. Rogers, MD, FISHRS
Meeting Review	Rachael Kay, MBChB
World Congress Program Chair	Sara M. Wasserbauer, MD, FISHRS

The views expressed herein are those of the individual author and are not necessarily those of the International Society of Hair Restoration Surgery (ISHRS), its officers, directors, or staff. Information included herein is not medical advice and is not intended to replace the considered judgment of a practitioner with respect to particular patients, procedures, or practices. All authors have been asked to disclose any and all interests they have in an instrument, pharmaceutical, cosmeceutical, or similar device referenced in, or otherwise potentially impacted by, an article. ISHRS makes no attempt to validate the sufficiency of such disclosures and makes no warranty, guarantee, or other representation, express or implied, with respect to the accuracy or sufficiency of any information provided. To the extent permissible under applicable laws, ISHRS specifically disclaims responsibility for any injury and/or damage to persons or property as a result of an author's statements or materials or the use or operation of any ideas, instructions, procedures, products, methods, or dosages contained herein. Moreover, the publication of an advertisement does not constitute on the part of

ISHRS a guaranty or endorsement of the quality or value of the advertised product or service or of any of the representations or claims made by the advertiser.

Hair Transplant Forum International is a privately published newsletter of the International Society of Hair Restoration Surgery. Its contents are solely the opinions of the authors and are not formally "peer reviewed" before publication. To facilitate the free exchange of information, a less stringent standard is employed to evaluate the scientific accuracy of the letters and articles published in the Forum. The standard of proof required for letters and articles is not to be compared with that of formal medical journals. The newsletter was designed to be and continues to be a printed forum where specialists and beginners in hair restoration techniques can exchange thoughts, experiences, opinions, and pilot studies on all matters relating to hair restoration. The contents of this publication are not to be quoted without the above disclaimer.

The material published in the Forum is copyrighted and may not be utilized in any form without the express written consent of the Editor(s).

Copyright © 2022 by the
International Society of Hair Restoration Surgery,

1932 S. Halsted St., Suite 413
Chicago, IL 60608 USA

Printed in the USA.



Official Publication of the
International Society of Hair Restoration Surgery