

IN THIS ISSUE

A 15-Year Long-Term Survival Study of Leg Hair Transplanted to Scalp Scar

How I Do It: Using the Long Hair FUE Technique for Eyebrow Transplantation

In Loving Memory: Dr. Jung Chul Kim

Eyebrow Transplantation Using the Long Hair FUE Technique: A Case Report

Laura Caicedo Albarello, MD | Spain | dra.lauracaicedoalbarello@gmail.com; Evelin Uyaguari Díaz | Spain; Daniela Perez Castañeda | Colombia

ABSTRACT

The eyebrows play an essential role in facial expression and frame the central portion of the face. The loss of eyebrows, seen in cases of frontal fibrosing alopecia (FFA) or due to other factors such as burns or trauma, can be addressed by hair transplantation. From the first procedures in 1939 to the evolution of techniques such as follicular unit excision (FUE) and long hair/non-shaven hair FUE (NS-FUE), hair transplantation has allowed for the restoration of natural, dense eyebrows. The most advanced technique, long hair FUE (LHF), introduced in 2016, combines the benefits of standard FUE and NS-FUE, eliminating the need for shaving and allowing a preview of the donor and recipient areas as well as the ability to see the curl of the hair. Here we present a successful case of eyebrow transplantation using the long hair FUE technique.

Keywords: eyebrow transplantation, follicular unit, long hair, non-shaven FUE

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

INTRODUCTION

The eyebrows play an essential role in facial expression and frame the central portion of the face.¹ From an evolutionary perspective, the hair follicles of the forehead develop embryologically to protect the eyes from sweat, debris, and bright light.¹ The pattern of eyebrow hair growth is complex and varies between men and women.² With aging, eyebrow hair tends to become thinner and thinner.¹ Loss of eyebrows is a phenomenon observed in approximately 80% of cases of frontal fibrosing alopecia.³ In addition, eyebrow loss can also be caused by burns, surgery, or trauma resulting from constant eyebrow reshaping.⁴ Hair transplantation has established itself as an effective treatment to address eyebrow loss, achieving greater density or restoring facial aesthetics in cases of scarring. This procedure is especially relevant given the prominent role that eyebrows play on the face.⁵

The history of eyebrow transplantation dates to 1939 when Okuda performed the first procedures.⁶ Since the introduction of follicular unit transplantation (FUT) in the 1990s, natural, denser eyebrows have been restored.¹

Hair transplant techniques have evolved from FUT to follicular unit excision (FUE). The most advanced technique is long hair/non-shaven hair FUE (NS-FUE), which is used not only to treat androgenic alopecia (AGA) but also for eyebrows and beard. The demand for NS-FUE has increased, especially as some patients avoid shaving for social or occupational reasons.⁷ In 2006, Pitchon introduced long hair transplantation, allowing results to be visualized immediately and after one year postoperatively.⁷ In 2016, Boaventura introduced long hair FUE (LHF), highlighting the advantage of donor area preview. LHF combines the benefits of standard FUE with NS-FUE, eliminating the need for shaving and allowing grafts to be transplanted with long hair strands. This technique not only offers a preview of the donor and recipient areas, but also the ability to see the curl of the hair, which is crucial in this type of surgery.⁷

Since few cases are reported in the literature, we present the successful outcome of an eyebrow transplant using the long hair FUE technique.



TABLE OF CONTENTS

- 117 Eyebrow Transplantation Using the Long Hair FUE Technique: A Case Report
- 119 President's Message
- 120 Co-Editors' Message
- 121 Notes from the Editor Emeritus: Dr. Jeffrey Epstein
- 126 A 15-Year Long-Term Survival Study of Leg Hair Transplanted to Scalp Scar
- 128 How I Do It: Using the Long Hair FUE Technique for Eyebrow Transplantation
- 132 In Loving Memory: Dr. Jung Chul Kim
- 136 Literature Review: Hair Loss Associated with Minimally Invasive Cosmetic Procedures
- 138 The Notable Articles Project
- 142 Message from the ISHRS 2024 World Congress Program Chair
- 147 Meeting Reviews:
2024 ISHRS Europe Live Surgery Workshop
BAHRS Annual Conference 2024
- 152 Classified Ads
- 153 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	Bradley R. Wolf, MD, FISHRS president@ishrs.org
Executive Director	Victoria Ceh, MPA vceh@ishrs.org
Co-Editors	Natalie Kash, MD Luis A. Nader, MD, FISHRS forumeditors@ishrs.org
Managing Editor & Advertising Sales	Cheryl Duckler ishrsduckler@gmail.com

COLUMNISTS

ABHRS President's Corner	Steven Gabel, 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	Guillermo A. Guerrero, MD
Message from 2024 ISHRS World Congress Program Chair	Henrique N. Radwanski, MD

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 © 2024 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



President's Message

Bradley R. Wolf, MD, FISHRS | Cincinnati, Ohio, USA | president@ishrs.org

ISHRS MEMBERSHIP UPDATE

I'd like to start with a thank-you to all members who have renewed their memberships and offer my congratulations to all new ISHRS members. Over 90% of members have renewed their membership

this year, our 32nd year. Our specialty and our society have grown significantly since 1993. We currently have more than 1,000 members from 74 countries. Our worldwide membership has expanded greatly thanks in part to the participation of the Global Council, which consists of associated societies from 23 countries. Worldwide expansion has also been facilitated by the popularity of hair restoration surgery. The ISHRS has been the leader in this expansion through its educational offerings and dedication to quality results from skilled and ethical surgeons around the world.

The February 2024 ISHRS Regional & Live Surgery Workshop in Islamabad, Pakistan, held in conjunction with ISHRS Global Council member the Hair Restoration Society of Pakistan (HRSP), was a great success. The June 2024 ISHRS-sponsored meeting in Hangzhou, China, had over 700 registered participants. Additionally, there were many veteran members of the ISHRS serving as faculty at this meeting.

The Membership Committee is the gatekeeper of the ISHRS; however, its job of vetting new applications to protect our society from threats has become progressively more difficult. To properly evaluate candidates, the committee now must review not only an applicant's credentials but also additional content such as advertising material and social media. Some potential member candidates participate in the Black Market and seek ISHRS membership as an attempt to add to their "credentials" for legitimacy and for advertising purposes. I commend the Membership Committee for its attention to detail in safeguarding the ISHRS.

The ISHRS is doing many great things to assist our membership in maintaining a thriving hair restoration practice. Some of the many benefits that accompany your membership include the following:

- ⇒ Reduced registration fees for ISHRS world congresses, live surgery workshops, online webinars, and other educational programs and products. This year our intention is to provide our congress virtually and in person, giving members the flexibility of attending remotely or joining us in person in Denver.
- ⇒ Subscription to the bimonthly newsletter, *Hair Transplant Forum International*, with access to the online FORUM ePUB, where all past issues and articles, by topic and/or author, can easily be found.
- ⇒ Access to the exclusive ISHRS Physicians WhatsApp Group that was started in June 2023. It currently has 462 members who participate daily in informative and lively discussions.

- ⇒ Eligibility for grants for the purpose of relevant clinical research directed toward the subject of hair restoration. These Research Grants are typically in amounts of \$1,200-\$2,600 USD each, but some may be higher.
- ⇒ Member-only access on [ISHRS.org](https://ishrs.org), our comprehensive, informational website on hair loss and restoration, which includes a free listing with Physician Profile for (full) Member and Fellow physician members, and a directory listing for Associate Members. Currently, the website is undergoing an extensive update by the Communications and Public Education Committee led by Chairman Sam Lam.

DENVER 2024

It's only four months until we meet in Denver. Denver's early economy was rooted in mining; it then grew by expanding its role in railroads, wholesale trade, manufacturing, food processing, and servicing the growing agricultural and ranching businesses. Denver had always attracted miners, workers, cowboys, and travelers. Saloons and gambling dens sprung up overnight in the 1800s.

Central to the myth and the reality of the West is the American cowboy. The life of a cowboy was difficult and revolved around two annual roundups, spring and fall, the subsequent drives to market, and the time off in the cattle towns spending their hard-earned money on food, clothing, firearms, and gambling. During winter, many cowboys hired themselves out to ranches near the cattle towns, where they repaired and maintained equipment and buildings. Over time, the cowboys developed a personal culture of their own, a blend of values that retained vestiges of chivalry. Such hazardous work in isolated conditions also bred a tradition of self-dependence and individualism, with great value put on personal honesty, which is exemplified in songs and cowboy poetry.

The legends, historical events, and folklore of the American frontier, known as the "frontier myth," have embedded themselves into U.S. culture so that the Old West, and the Western genre of media specifically, has become one of the defining features of American national identity.

Settling the frontier was a process that transformed Europeans into a new people, the Americans, whose values focused on equality, democracy, and optimism, as well as individualism and self-reliance. Many of us still believe in those values as we carry a part of the frontier myth within us.

CELEBRATING THE ISHRS AND OUR MEMBERS

The ISHRS continues to grow and thrive, with a dedicated Membership Committee safeguarding the society and numerous benefits offered to members. As we look forward to the congress in Denver, we celebrate the enduring spirit of individualism and self-reliance that is ingrained in American culture and the values shared by members of the society. ■



Co-Editors' Message

Natalie Kash, MD | *Bellevue, Washington, USA*;
Luis A. Nader, MD, FISHRS | *Reynosa, Mexico* |
forumeditors@ishrs.org

Welcome to the July/August 2024 issue of the *Hair Transplant Forum International*. As we continue to advance in the field of hair restoration, it is an honor and a privilege to present this issue in which we include articles focused on eyebrow hair restoration, a study on leg to scalp scar hair transplant, meeting reviews, and a moving dedication to one of the most influential researchers and surgeons in our field, Dr. Jung Chul Kim, whose passing will leave a hole in the hearts of his many friends and colleagues.

Dr. Laura Caicedo Albarello and colleagues begin this issue with their pioneering article on eyebrow transplantation using the long hair FUE technique. The piece underscores the growing recognition of eyebrows as crucial to facial aesthetics and expression. The authors delve into the intricacies of the long hair FUE method, offering valuable insights and practical tips for surgeons looking to refine their technique. This article not only highlights the technical aspects but also emphasizes the artistic elements essential for achieving natural-looking results, thus bridging the gap between science and art in our practice. In Dr. Timothy Carman's How I Do It column, Dr. Lorena Visentainer and her colleagues describe their approach to eyebrow restoration utilizing their own "eyebrow long hair FUE technique." Dr. Carman notes that their approach offers a suggestion for addressing eyebrow transplantation in a manner the authors feel favors a high success rate technically and aesthetically.

A compelling study featured in this issue is Dr. Kazuhito Yamamoto's 15-year long-term survival analysis of his own leg hair transplanted to his frontal scalp scar. Although a single case, the study offers unique data on long-term survival of leg hair transplanted into scalp scar. The study has important implications including the importance of long-term follow-up and how outcomes besides hair density, such as hair diameter, can be crucial in assessing hair transplant success, especially in the case of body hair. This comprehensive study provides robust data and findings that could influence future approaches to donor hair selection and transplantation techniques. Additionally, the longitudinal nature of the study offers a rare glimpse into the long-term viability and success of such transplants, reinforcing the importance of rigorous follow-up and patient care in achieving optimal outcomes.

Dr. Brad Wolf's President's Message outlines the remarkable growth and achievements of the International Society of Hair Restoration Surgery, and he provides updates on membership and upcoming events that promise to be both

educational and engaging. As Editor Emeritus, Dr. Jeffrey Epstein shares his wisdom gleaned from years of practice. His reflections on the evolution of hair restoration surgery are nostalgic, and he offers his colleagues personal lessons and encouragement.

We hope you take a moment to appreciate the special tribute to Dr. Jung Chul Kim, a colleague who dedicated his life to pioneering new paths in hair transplantation and basic hair research and whose significant contributions to the field will leave an indelible mark. Dr. Kim was the recipient of the very first Platinum Follicle Award in 1994 and a member of the ISHRS Board of Governors. The in-memoriam piece is a poignant reminder of the lasting impact one can have through dedication, innovation, and a commitment to excellence.

We continue to explore the intersection of cosmetic procedures and hair restoration in Dr. Guillermo Guerrero's Literature Review. This issue he focuses on hair loss associated with minimally invasive cosmetic procedures. Dr. Guerrero's review is particularly relevant as it sheds light on the side effects that patients might not anticipate.

Take a moment to read reviews of the 2024 ISHRS Europe Live Surgery Workshop in Milan and the BAHRS Annual Conference in London; they provide insight into what you can learn by attending educational workshops and events. Further underscoring our commitment to fostering a global exchange of knowledge and expertise, Dr. Henrique Radwanski provides another glimpse into what you can expect at the 2024 ISHRS World Congress in Denver.

As you immerse yourself in this issue, we hope you find inspiration, knowledge, and a renewed sense of purpose in your practice. The journey of hair restoration is one of continuous learning and innovation, and it is our sincere hope that you share your work and inspiration with your colleagues within the pages of this journal. ■



Notes from the Editor Emeritus, 2020–2021

Jeffrey Epstein, MD, FISHRS | Miami, Florida, USA | jse@drjeffreypstein.com

In the course of my professional career, I have been visited by no fewer than 100 (usually) young physicians, eager to learn hair restoration. Between teaching my hair restoration techniques, I dispense advice on how to build a successful career, some of which I'd like to share here.

Thirty-one years ago, I started out in this specialty, fresh out of otolaryngology residency, beginning a facial plastic surgery fellowship with a focus on hair restoration surgery (HRS) thanks to the director, Dr. Shelly Kabaker. While at that time few plastic surgeons performed HRS, I correctly predicted that my surgical background would help open doors to success in the field. Lesson learned #1: Don't take shortcuts; rather, obtain as much formal training as possible.

I soon saw the potential in this burgeoning specialty that had only recently begun to deliver borderline aesthetic results with micro-/mini-grafts replacing plug grafts. It was a plastic surgery professor in residency who led me to Dr. Kabaker's fellowship with one word of advice (much like how Benjamin (played by Dustin Hoffman) in the 1960s movie *The Graduate* was advised "Plastics") and that was "Hair." This professor recognized that to achieve success in a city like Miami, which was overrun with plastic surgeons, I would need to forge ahead with a relatively little-acknowledged field. Lesson learned #2: Follow the advice of those who are wiser for their experiences.

Within two years, I opened my own practice. While offering the full scope of facial plastics, HRS was my specialty. An otology professor, who prior to entering academia had built a successful cochlear implant practice, advised me to become an expert in one procedure, noting that in doing so, others would assume that I was an expert in everything else I did. Thus, very early on I declared myself a hair specialist, providing the perceived expertise that parlayed into patients choosing me for rhinoplasty and face-lift work. Bolstering my "cred" with published articles, lectures, and countless hours building my website, I invested early in my reputation, and this has yielded dividends in the form of a steady flow of patients that does not waiver even through pandemics, market collapses, and the never-ending growth of competitors. Lesson learned #3: Become an expert in one procedure and you become recession-proof.

My assistants have been a major part of my success, and I never "skimp" in my thank-yous for their efforts. I also have found it best not to skimp in numbers, so there was always someone there to replace someone who left. There are critical steps to the hair restoration process where my skills are essential; however, I rely on my nurse practitioners to administer medical therapy and my patient consultants to answer many of my patients' questions. I may be "proud" of my professional skills, but I am humble enough to admit that at my age, my physical stamina and ability to avoid injury have diminished. Lesson #4: Surround yourself with outstanding people—and utilize them—and this will allow you to work most efficiently and enjoyably.

There is another component of my practice that brings me great satisfaction: the teaching of young surgeons. By exposing these visitors, most of whom are facial plastic surgeons in fellowship training, to my practice, they can develop a true appreciation of the artistry of HRS as well as lose all concept of this as a simple

turnkey add-on offering for their practice. As a result, they become genuine ambassadors who extol and appreciate the complexity of our field, with the occasional young surgeon, much like I did 31 years ago, choosing to make HRS their area of expertise. We should welcome these young colleagues and have empathy for the barriers of entry they might face in building their practice. Lesson learned #5: We should embrace the opportunity to nurture the career aspirations of those who perhaps one day will similarly grace these Editor Emeritus pages.

Finally, there is a perspective—a wisdom so to speak—that one develops after years of practice and living life, reading, and learning that allows me to give this final piece of advice. Much like the advice attributed to Cato, one of the great Stoics of ancient Rome, who stated, "We cannot assure our success, we can only deserve it," I offer my lesson learned #6: Don't chase success, rather follow your passion and always take the high road.

Writing now, 31 years later, I look back and find a life that has been quite rewarding: I have my wife, Gorana, who I met 13 years ago at an ISHRS meeting and with whom I share two children; I recently sold my practice; and I have the comfort of knowing I've had a career indeed well spent. ■



Lesson #5: We should embrace the opportunity to nurture the career aspirations of those who perhaps one day will similarly grace these Editor Emeritus pages.