

FUT or FUE- which is better?

**Venkataram Mysore MD DNB DipRCPPath(Lond)
FRCP(Glasgow) FISHS**

**The only dermatologist –dermatopathologist- hair transplant
surgeon in the country**

**The only hair transplant surgeon qualified from Royal
College UK**

**The only Indian dermatologist who is a fellow of
International society of hair restoration surgery**

- The hottest debate now is – whether to go for FUT or FUE?
- This presentation will help to clear your doubts

FUT and FUE in the same patient

FUE- skin is not removed, only hair units are removed through small 0.9mm holes

FUT-a strip of skin is taken out 1 cm wide and 15-25 cm long, sutured, and it heals with a linear scar.



FUE of 600 (below strip suture) has been completed-see how previous FUE –above strip has already healed=4400 grafts



FUT-a strip of skin is taken out 1 cm wide and 15-25 cm long, sutured, and it heals with a linear scar.

– **Advantages**

- Quick- entire donor is taken out in one go
- Accurate- units are separated under microscope- damage to roots is minimal-transection 1%
- Rest of the scalp donor is left untouched- future surgery is easy
- No trimming of remaining hairs
- Hairs are left long-so stitch not visible even on the day of surgery
- For next session both FUT and FUE is possible
- FUE after FUT is easier
- Cheaper

– **Disadvantages**

- More invasive surgery
- More painful-Painkillers needed for 5 days
- Healing takes 2 weeks
- Stitch heals with a linear scar
- In inexperienced hands scar can become wider
- Limitations on neck exercises for two months

FUE- skin is not removed, only hair units are removed through small 0.9mm holes

- Advantages

- Less invasive surgery
- Holes less than 1 mm-
heals quickly- with in one
day
- Less pain

- Disadvantages:

- Needs trimming of donor
- More transection 2-5%
- Hairs are taken out all over
scalp- so depletes donor
- Future sessions more difficult
- Less options for future
- More expensive

- So both have advantages and disadvantages
- Let us compare the two

- Pain is less in FUE- every one agrees
- Accuracy is more in FUT-every one agrees

- What about scar?

In surgery there is no such thing as scarless surgery-

- Even a pimple on face heals with scar- once there is some damage to skin, scar is inevitable. Don't believe any surgery can be scarless-
- The only question is- is it obvious?
- When done well, both FUT and FUE can be good
- When done poorly, both can be bad

In FUT scar is a line
IN FUE, scar is a dot

Linear scar of FUT (above)



Dotted scars of FUE

Linear scar of FUT (above)



Dotted scars of FUE

In Fair skin
line and dots not obvious

In Dark skin
line and dots are
obvious

Scar after FUT- good scar-excellent healing



FUT scar- Where is the scar?



FUT scar- when done well , in experienced hands, it is minimal

FUE good scar



FUE- very next day-see how well it has healed

FUE close up next day-dramatic healing



FUE site

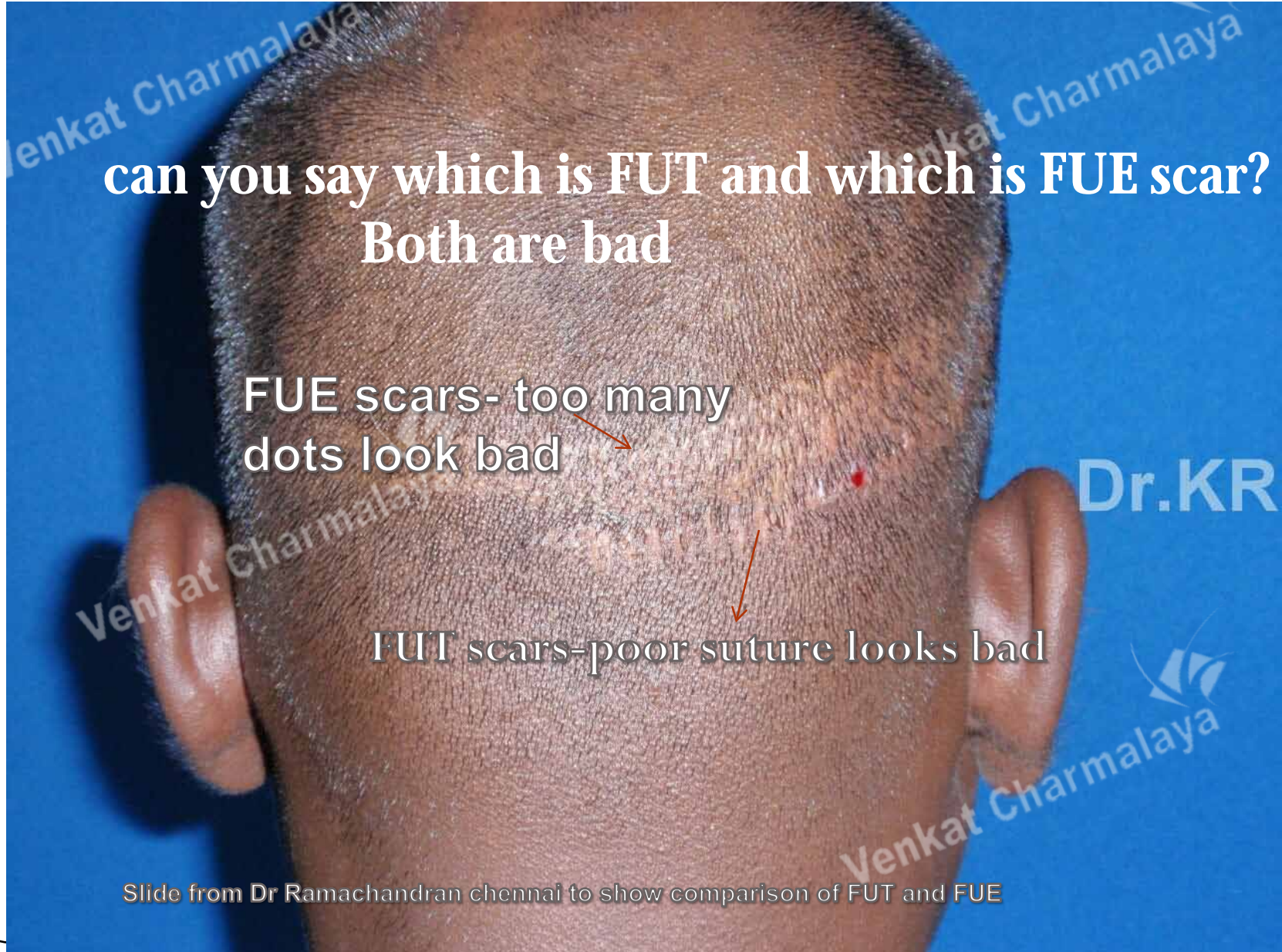
FUT and FUE in the same patient-when done well both look good





Which is FUT
and which is
FUE?
When done
well, both look
good

FUT vs FUE- when done poorly, both are bad!!



can you say which is FUT and which is FUE scar?
Both are bad

FUE scars- too many
dots look bad

FUT scars-poor suture looks bad

Bad FUT-wide scar due to poor suturing



Bad FUT vs bad FUE



Bad FUE

Too many extraction is bad- they become whitish and show up

Summary FUT vs FUE

- Quick-
- Accurate- damage minimal(1%)
- Cheaper
- Rest of the scalp donor is left untouched
- Other hairs are not trimmed
- For next session both FUT and FUE is possible
- Healing takes 2 weeks
- Stitch heals with a linear scar
- Painkillers needed for 5 days
- Slower
- Damage rate 2-5%
- More expensive
- Hairs are taken out all over scalp- so depletes donor
- Needs trimming
- Future sessions to be only FUE
- Healing in one day
- Heals with tiny dots
- Minimal pain

Our opinion

- FUE heals faster, with dots, and causes minimal pain- no doubt
- FUT surgery is quicker, less expensive and more accurate- No doubt
- If expense is not an issue, up to 2000 grafts--Go for FUE to avoid pain
- If expense is an issue- go for FUT

Large number of grafts and there is a possibility of future hair transplants

- More than 2000 grafts-Too many dots look ugly- go for FUT
- When you need large number of hairs-more than 3000- what is important is to get the hairs- both FUT and FUE methods are needed
- IF there is a possibility of future HT sessions-So go for FUT first, second session can be FUE. FUE after FUT is always better .

HT is both science and art

- Remember- in any surgery, technique of surgery and experience of surgeon are more important.
- There is no one method which suits every patient and every situation-The emphasis is on getting best results with minimal scarring, with the best method suitable for that patient, with proper planning for the future hairloss
- It is the surgeons job to provide full unbiased information- and final decision is with the patient.
- Logical thinking , proper understanding and realistic expectations are necessary
- Exaggeration, hype should be avoided