



AZ Hair Restoration

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# A Guide to Choosing the Right Hair Transplant Procedure for You

*By AZ Hair Restoration, Raleigh, NC*





# Introduction: Why Choosing the Right Procedure Matters

Hair loss affects millions of men and women, often impacting how they feel about their appearance. While there are countless products and treatments claiming to reverse the effects, very few deliver long-lasting, natural results. That's where surgical hair restoration comes in.

At AZ Hair Restoration, we offer a personalized approach led by Dr. Arthur Zacco, who has been performing hair transplants since 1992. With decades of experience and an unwavering commitment to patient care, Dr. Arthur Zacco helps patients regain their hair—and peace of mind—through procedures like FUT, FUE, and MFU.

This guide is designed to help you understand your options and make an informed decision based on your goals, hair type, and lifestyle.

## Understanding the Basics: What Is a Hair Transplant?

A hair transplant involves moving healthy hair follicles from one part of your scalp (typically the back or sides) to areas where hair has thinned or stopped growing. These transplanted follicles continue to grow naturally over time.

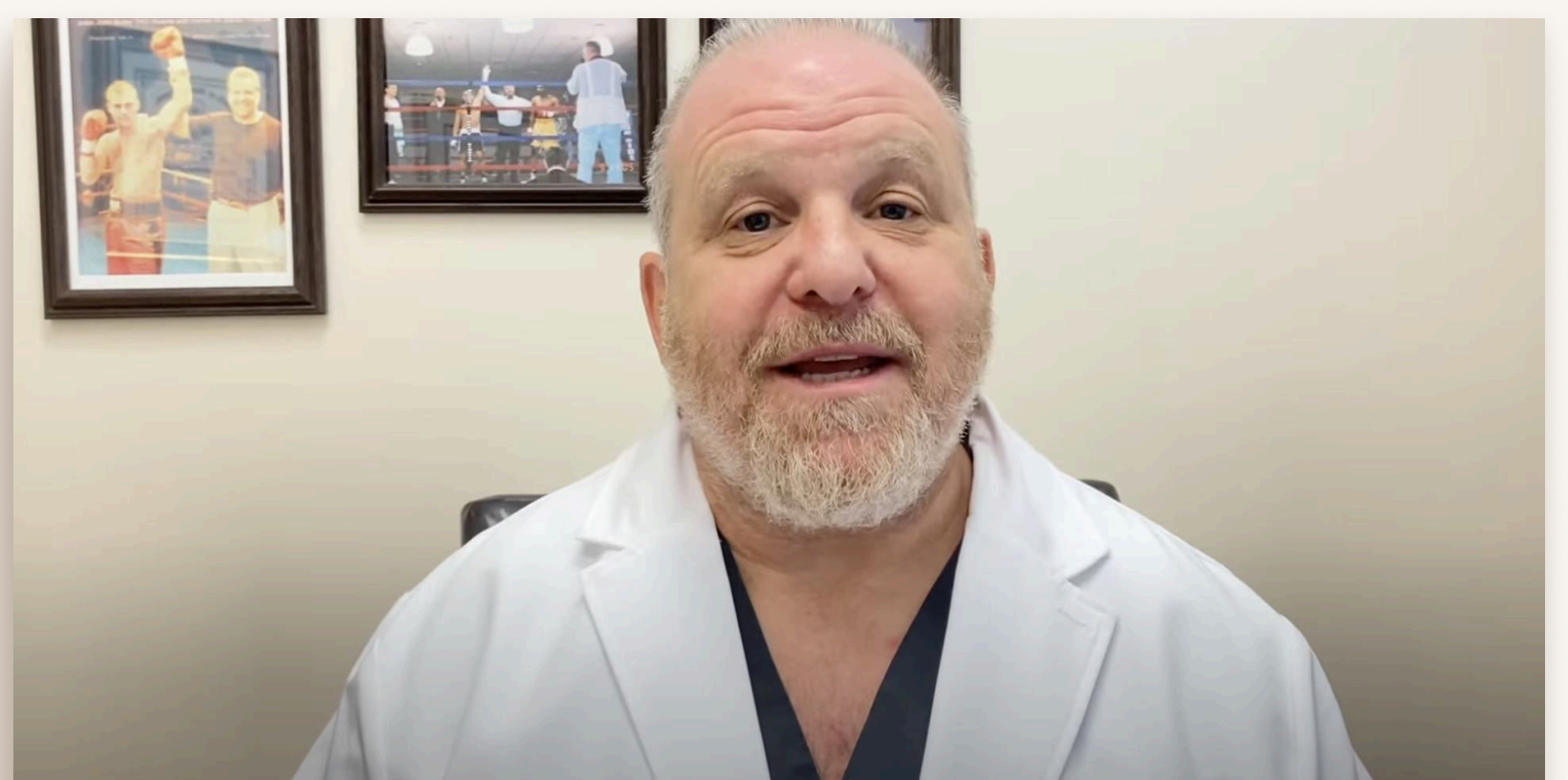
### Important Terminology:

- **FU (Follicular Unit):** Hair grows out of the scalp, not one hair at a time, but rather little tufts of hair called follicular units. These FUs contain an average of 2.0-2.5 hairs per FU.
- **Transection Rate:** The percentage of times that the hair or follicle is inadvertently cut during the hair transplant procedure. This prevents the survival of the transplanted hair and negatively impacts the ultimate density of the hair transplantation.
- **Overharvesting:** The amount of extraction of donor hair that results in a thinning of the donor area. This leaves the donor area looking unusual and is undesirable.

There are several surgical methods, but the three most common techniques are:

- [FUT \(Follicular Unit Transplantation\)](#)
- [FUE \(Follicular Unit Extraction\)](#)
- [MFU \(Multiple Follicular Unit Transplantation\)](#)

Each method has its advantages and disadvantages. The right choice for you depends on your goals, the extent of your hair loss, and your personal preferences.





# 1. FUT: Follicular Unit Transplantation

## What Is It:

Often called the “strip method,” FUT involves removing a small strip of scalp hair from the back of the head, then microscopically dissecting it into individual follicular units. These are then transplanted into thinning or bald areas.

## Who Is It Best For:

- Men and women with mild, moderate, and severe hair loss.
- Patients seeking high density in a single session.
- Individuals who plan to wear their hair ¼ inch or longer (Clipper Guard #2) and don't mind a linear scar.
- Patients who may have limited donor area (small surface area and/or low hair density).
- Young people (ages up to 30) who have current hair loss and anticipate future hair loss.
- Someone who has a large area of alopecia being transplanted.

## Key Benefits:

- Typically yields a high number of follicular units.
- Offers excellent results for patients with current or anticipated advanced hair loss.
- Cost-effective: \$7,500 at AZ Hair Restoration.
- Low transection rate, thus higher density hair growth following the hair transplant.

## Considerations:

- Recovery may involve slightly more discomfort than FUE.
- Leaves a thin linear scar on the donor site.
- Efficiently able to move a large number of follicular units due to a low transection rate and waste.
- Donor preservation will make more hair transplants available in the future if needed.

# 2. FUE: Follicular Unit Extraction

## What Is It:

FUE involves extracting individual follicular units directly from the scalp using a small, circular punch tool. The FUs are then carefully placed into thinning areas.



## Who It's Best For:

- Patients who prefer to wear their hair very short (less than or equal to ¼ inch or Clipper Guard length #1-2).
- Those with mild to moderate hair loss above the age of 30
- Individuals who only need one large or two medium-sized hair transplants during their lifetime.

## Key Benefits:

- No linear scar. Rather, hundreds or thousands of round scars, about 0.9mm in diameter each.
- Shorter healing time and less discomfort.
- Ideal for patients who want a more discreet procedure.
- Offered at AZ Hair Restoration for \$8,500.

## Considerations:

- May require multiple sessions for large areas.
- Slightly more time-consuming than FUT.

## 3. MFU: Multiple Follicular Unit Transplantation

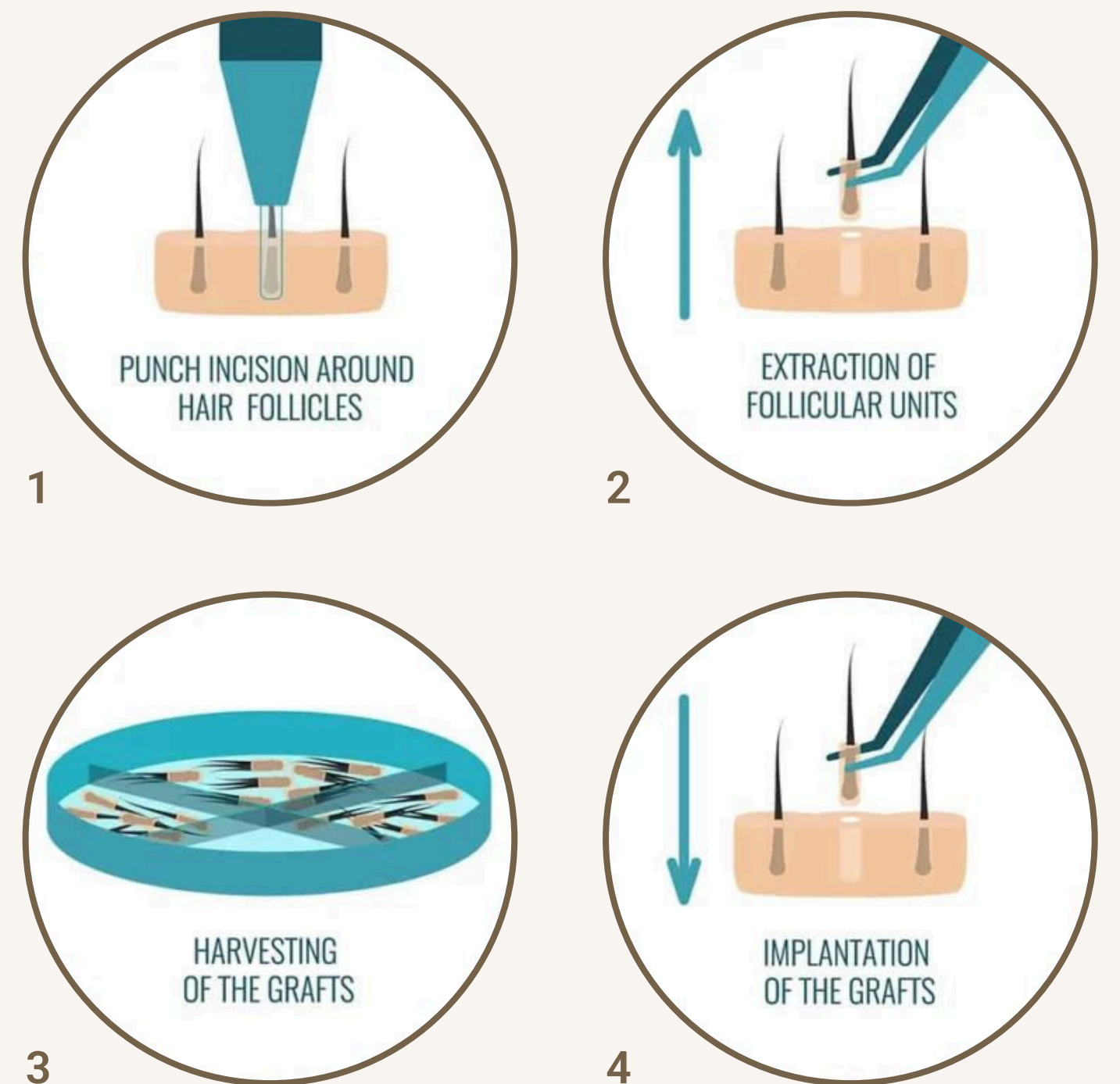
### What Is It:

MFU involves transplanting follicular units that naturally occur in groups of 2–5 hairs, rather than the single-unit focus of FUE. This technique aims to maximize density and coverage.

### Who Is The Best Candidate:

- Men and women seeking more coverage in fewer sessions.
- Patients with hair shafts that are thin to medium in thickness or hair that is lightly colored or grey.
- Anyone wanting natural-looking density in larger areas.

### FUE PROCEDURE



*A FUT hair transplant is often the right choice for patients who need a larger number of grafts and have good scalp elasticity, especially when maximizing donor yield is a priority.*



## Key Benefits:

- High-density results with fewer grafts.
- Efficient for restoring large areas like the crown.
- Can be used in combination with follicular unit grafts being placed in the hairline and temples..
- Patients with limited donor area who require less waste and transection, as there is only a 3% transection rate using MFU grafts.

## Considerations:

- If you have thin hair shafts, lightly colored hair, or grey hair, then MFU hair transplantation is probably best for you.
- Requires a skilled surgeon for natural-looking results.

# Hair Transplants for Women

While many think of hair loss as a men's issue, women are equally affected—and may be ideal candidates for hair restoration surgery. At AZ Hair Restoration, we offer tailored procedures for female patients, considering:

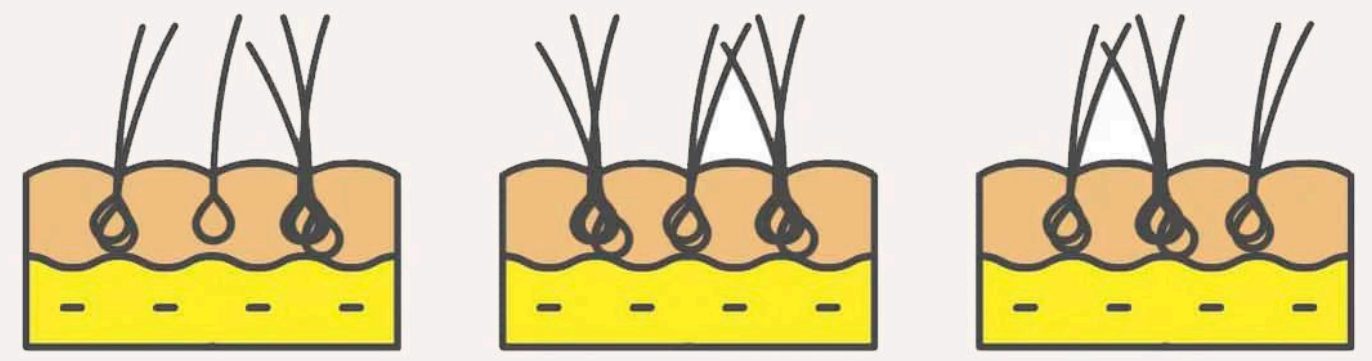
- Diffuse thinning vs. pattern baldness
- Donor hair density
- Natural part lines and styling habits

Both FUT and FUE are viable options for women, depending on the hair loss pattern and density needed. MFU can also be beneficial in cases of overall thinning where volume is the goal.

## Key Factors in Choosing the Right Procedure

### 1. Hair Loss Stage

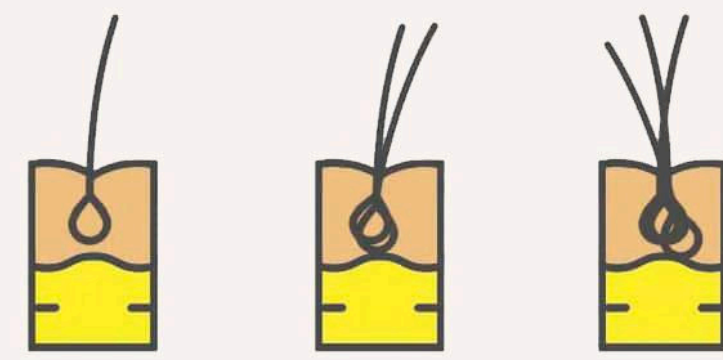
If you're just starting to notice thinning, and don't anticipate much future hair loss, FUE might be ideal. For more advanced hair loss, FUT or MFU will provide more efficient use of donor hair, less waste, and ultimately better preservation of the donor area.



### Multiple Follicular Units

VS

### Follicular Units



*Multiple Follicular Unit Transplantation offers enhanced density by transplanting larger graft groupings, making it ideal for patients seeking fuller results in fewer sessions.*



## 2. Hair Type

Hair type is only a minor consideration for the type of procedure that is best for you. Thicker, coarser hair typically lends itself to both FUT and FUE procedures. It's best to use MFU grafts for hair shafts with thin to medium thickness. MFU grafts can only be obtained with the FUT procedure.

### 3. Lifestyle and Recovery

Regardless of the procedure, it will take 8-10 days for the recipient area to heal and the scabs to be gone. The donor area heals slightly quicker with the FUE procedure, taking about 3-4 days, whereas the FUT procedure requires 8-10 days. Dr. Arthur Zacco believes that this small difference in healing is insignificant when considering the choice of procedure, as the results last a lifetime.

## 3. Future Hair Loss

Planning ahead is of paramount importance. At AZ Hair Restoration, Dr. Arthur Zacco carefully evaluates your pattern of hair loss to ensure natural results today and into the future. A good example of this would be performing large FUE in the crown in someone who will continue balding through the years. After a single large FUE procedure, the donor area is depleted, and another hair transplant cannot be performed without overharvesting the donor area. This would result in a tuft of transplanted hair in the center of continued balding, and there would not be enough hair remaining for another hair transplant. This would leave a permanent, undesirable appearance of a tuft of hair in the middle of balding.

Add Alex's overharvesting drawing here with an equal size to the images above.

# Combining Hair Transplants With Medical Hair Growth Treatments

Hair transplantation is the gold standard with respect to hair restoration. Transplanted hair from the scalp is usually lifelong. However, hair growth factor therapy can be useful in maintaining your original hair, with or without a hair transplant. A hair transplant is a powerful way to restore lost hair, but it's only one part of a comprehensive solution. To achieve the best possible results and protect your existing hair, many patients choose to combine their procedure with medical hair growth treatments. At AZ Hair Restoration, we believe in supporting your follicles before, during, and after surgery to deliver long-term, natural-looking outcomes.

Here's how combining a transplant with additional therapies can help—and which options may be worth considering.

## Why combine treatments?

Hair loss is often progressive, particularly in cases of male and female pattern baldness. While transplanted hairs are resistant to hair loss, untreated areas may continue to lose hair over time.

Medical treatments can help by:

- Supporting the healing process after surgery



- Stimulating weakened follicles
- Preventing further thinning in non-transplanted areas
- Maximising the density and longevity of your results

Taking this integrated approach gives you a better chance of achieving and maintaining fuller, healthier hair.

## Growth factor treatment

Growth factor treatment uses your body's own healing components to stimulate scalp repair and hair regrowth. A small amount of blood is drawn, then processed to isolate the growth factors. These are then carefully injected into targeted areas of the scalp.

This treatment is often used after hair transplant surgery to:

- Improve blood flow to the transplanted follicles
- Accelerate healing and reduce inflammation
- Encourage faster and thicker regrowth

At AZ Hair Restoration, we often recommend growth factor treatment as a supportive therapy following both FUE and FUT procedures.

## Exosome therapy

Exosome therapy is an advanced regenerative treatment that introduces stem-cell derived particles into the scalp to encourage follicular activity. These exosomes carry powerful biological signals that can stimulate dormant hair follicles and promote thicker growth.

This therapy can be especially effective when used alongside a transplant, helping to:

- Boost early growth
- Improve hair shaft thickness
- Extend the lifespan of existing or original hair

Exosomes are a recent development in hair restoration, and we offer them as part of our tailored treatment plans for both men and women.



## DHT-blocking medications and topical treatments

Dr Arthur Zacco believes that Dihydrotestosterone (DHT) is one of many causes responsible for male and female pattern alopecia. Dr. Arthur Zacco can help you find the cause of YOUR alopecia. If left untreated, it can continue to shrink hair follicles—even after a successful transplant.

To counteract this, Dr. Zacco may recommend:

- Not over or under treating hormones, optimization is key.
- Topical treatments that inhibit DHT at the scalp
- Minoxidil or other stimulants to improve scalp circulation and follicle strength

These medications are safe, widely used, and can play an important role in maintaining your overall results—especially if your hair loss is ongoing.

## The AZ Hair Restoration Advantage

Choosing the right technique is only part of the equation. Who performs your surgery matters even more.

At AZ Hair Restoration:

- **Dr. Arthur Zacco** has over 30 years of experience in hair restoration.
- **One-on-one consultations** ensure you receive tailored advice—not a sales pitch.
- **Proven results** where you can see our before and after hair transplant photos for all our different hair transplant procedures, all of which are undoctored or unedited.
- **Transparent pricing** means no surprise fees or hidden costs.
- **Flexible payment plans** make quality care accessible.
- We offer beard and eyebrow transplants, hairline lowering, and medical hair growth solutions such as Exosome Therapy, medications, and Growth Factor Treatment to support post-surgical healing and help prevent hair loss in non-transplanted areas.

Your comfort, safety, and satisfaction come first. Every step of your journey is supported by our expert team.

## Next Steps: What to Expect at Your Consultation

Your first consultation with Dr. Arthur Zacco includes:

- An evaluation of your scalp and hair loss pattern.
- A discussion of your medical history and lifestyle.
- Photos and density mapping.
- A personalized hair restoration plan outlining the best approach for you.

There's no obligation—just honest, straight-forward advice from a leading expert in the field with over 30 years of experience.



## Your Hair, Your Decision

Whether you're dealing with a receding hairline, bald spots, or general thinning, there's no one-size-fits-all solution. Choosing between FUT, FUE, and MFU comes down to understanding your options and working with a skilled, experienced doctor.

At AZ Hair Restoration, our goal is to restore your hair—and your sense of self—in the most natural, effective way possible. Book your consultation today and take the first step toward a fuller future.



*Speak directly with Dr. Arthur Zacco for expert, honest advice and a personalized plan to restore your hair—no pressure, just real answers from a leading surgeon who has been performing hair transplants and treating hair loss since 1992.*

## Ready to explore your options?

Schedule a [personalized consultation](#) with Dr. Arthur Zacco at AZ Hair Restoration in Raleigh, NC. Call **(919) 615-0577** or visit [www.AZHairRestoration.com](http://www.AZHairRestoration.com).