



BHR CLINIC



FUT/STRIP  
TRADITIONAL METHOD

Strip is the traditional method of extraction and is still a good option for men with advanced thinning who want maximum coverage with minimum inconvenience. It involves removing a strip from the back and side of the head and leaving an almost invisible line that the surrounding hair then covers. The correct closure causes absolutely minimal tissue tension, is largely non-invasive and causes very little cosmetic change to the scalp.

Each FU is separated from the main strip under fibre-optic microscopes. This maintains the quality of the tissue, hinders rises in temperature, and prevents damage to the graft. It also leaves thousands of follicular units in their natural state, divided into their natural groups of single and multiple hairs. Meanwhile, the recipient site is prepared and the grafts are then placed.

It must be kept in mind that although a linear scar line is inevitable, it can however, be well hidden within existing hair, and with the “trichophytic” method of closure a person’s hair can be worn shorter than ever before. Obviously a close or completely shaved head will make the line visible.

Strip / FUT is a proven and successful method of extraction but the patient does carry some responsibility with “donor” care. Superficial healing is relatively quick and not overly conspicuous, but the suture has to be removed ten days post-op (*we recommend a professional for this*). After that the scalp will return to normal pigmentation. Do not be surprised if this takes a few months. One vital factor here is “stretch back”. For the first two months you need avoid putting pressure on or stretching the scalp. This means limited physical activity and no heavy workouts while skin laxity returns to normal.

Strip procedures, especially mega sessions, are a group effort in which the doctor guides an efficient and technically adept team through the cutting and placement process. Surgery would be impossible without such teamwork. These mega sessions of 3,000 FUs or more can be repeated if the donor area is suitable. This allows maximum hair placement in minimal time.

The amount of hair that can be removed depends on factors like density in the donor area, the size of the safety zone, and scalp laxity. Scalp laxity can affect the width of the strip removed and the doctor will measure what he feels is safe to extract without putting pressure on the scalp. Strip removal has allowed for larger graft numbers to be achieved even for people with average or lower laxity and density. Dr. Bisanga’s manual technique enables even greater graft numbers than before, with 4,000 to 6,000 grafts depending on the patient (*the latter was one of the largest FUT sessions successfully performed worldwide and the largest in Europe*).

These mega sessions can even be repeated if the donor area is suitable, which allows for maximum hair placement in minimal time. The scalp needs time to recover and the laxity / density must be rechecked, so it is advisable that at least 12 months pass between sessions.

The “trichophytic” technique is now the standard closure for all strip patients. It involves a triple closure of the donor site after the epithelium is removed. There is no extra charge and the results are far more refined.



## PRE-OP INSTRUCTIONS

To ensure that surgery goes as seamlessly as possible we ask you to read the following instructions. If you take any medication you feel could have a detrimental effect please inform us prior to the procedure.

- Avoid anti-inflammatory medications or aspirin for seven days prior to surgery.
- Avoid alcohol three days before and caffeinated drinks the day before.
- Avoid tobacco products at least 24 hours prior to surgery.
- Avoid multivitamins such as vitamin B and E for one week prior to surgery.
- Wash your hair the morning of the procedure but do not apply fixing sprays, gels or waxes.
- Eat breakfast the morning of the procedure.
- Wear comfortable clothes and a shirt that buttons down the front.

*Please arrange for a ride or overnight stay – driving home is not recommended.*

## DAY OF PROCEDURE

From a medical perspective, hair transplant is a minor surgical procedure performed under local anaesthetic with no overnight stay or bandages required. After the pre-op consultation to discuss design and expectations, the first step is to remove the strip from the donor area. Then the placement sites are prepared and placements made. All of this is done manually at BHR.

## POST-OPERATION INSTRUCTIONS

**Only use medication prescribed by BHR. Any other medication must be confirmed with BHR before use.** Do not take aspirin or medication containing salicylic acid. Avoid any non-prescribed substances for one week following the procedure. Follow the instructions regarding medication prescribed by BHR. All medication should be taken with a meal. If you are given cortisone medication to avoid swelling of the eyes and forehead, **YOU MUST NOT** add salt to your food for the next five days.

**Painkillers** Two tablets every six hours or as prescribed by the clinic. Do not take aspirin or anti-inflammatory medication for at least three days to avoid thinning your blood and causing bleeding.

**Antibiotics** To be taken the night of the operation, the next morning and the following night.

**Analgesics** Two tablets every six hours or as prescribed by the clinic. Do not take aspirin or anti-inflammatory medication for at least three days to avoid thinning your blood and causing bleeding.

**Antibiotics** To be taken the night of the operation, the next morning and the following night.

**Important information regarding suture removal** > When having the sutures removed (10 - 14 days post-op depending on the doctor's instructions) make sure the doctor or nurse cuts the suture next to the knot to relieve tension. Then every stitch must be cut and removed one at a time to ensure nothing is left behind. If this happens, the area will get inflamed as the scalp attempts to eliminate the

foreign object. It will cause healing issues, shock loss, itching, etc. The stitch is a running stitch and **must** be cut and removed at each individual stitch. Wash it well to remove any crusty bits before removing the stitches. Applying a warm flannel helps break them down and ensure the medic can see the stitches clearly.

Once removed, you can apply organic oils or Vaseline twice a day to the scar, moving from left to right or right to left - not up and down. This aids healing in the first month or so. Aloe Vera is also recommended.

The scar line will be red for few months as the body breaks down the dissolvable sutures under the skin. In the case of shock loss you can use Minoxidil on the surrounding area to help native hair regrow or you can use a laser comb (*disengage any teeth from it*) to encourage healing and regrowth.

BHR Clinic does not recommend suture removal by unqualified individuals. In case of removal by an untrained person, BHR Clinic takes no responsibility for problems such as scar stretch back or infection.

## IMPORTANT INFORMATION

**Sleeping / Resting Position** > The ideal position for your head and upper body is 45 degrees using pillows to prop yourself up. This will help reduce swelling and can be maintained for three days post-op.

**Swelling** > This is a post-op side effect of hair transplant and will recede over a period of three to four days. A good sleeping position, ice packs, massage and drinking plenty of fluids will help minimize swelling.

**Shock Loss** > This is a rare side effect but it can occur in the recipient and donor areas. If you have a concern please contact BHR.

**Alcohol, Smoking and Sexual Activity** > Avoid alcohol, smoking and sexual activity for the first three days post-op.

**Exercise** > Refrain from lifting weights or any unnecessary exertion that can put pressure or tension on your back or neck for three months. Easy long walks can start after one month; running after two months.

**Sun** > Keep the recipient area covered and avoid direct exposure to the sun for the first 15 days. Avoid excessive sun/sunburn on your scalp for six months.

**Swimming** > Avoid chlorinated water for the first three months. After a month you can swim in unchlorinated freshwater or seawater.

**Blood Loss / Infection** > Blood loss is inevitable during and immediately following the procedure. If bleeding continues, apply light pressure with a clean swab for 20 minutes. If it still persists, please contact the doctor. On rare occasions, a transplant may become infected. Be careful not to bump your head. In case you do, please contact the doctor.

**Numbness** > This can occur when small nerves are severed during the procedure. It is temporary and no reason for concern. In some cases it may last a couple of months as the nerve receptors repair themselves.