

The Level of Patient Satisfaction in Follicular Unit Extraction (FUE) Hair Transplant

ZULFIQAR SALEEM¹, MUHAMMAD OMER KHAN², SARA INAYAT³

ABSTRACT

Aim: To know the level of patient satisfaction for FUE technique of hair transplant in terms of preoperative decision-making, post-operative pain and recovery time after surgery.

Methods: This case series study was carried out at Punjab Medical Centre Jail Road Lahore from 15-09-2015 to 15-04-2016 comprised 300 patients. Hair follicles were collected by power punching with a 0.9mm to 1mm punch from the Occipital and temporal area of scalp, extracted with extraction forceps and preserved at room temperature kept at 22°C.

Results: The age ranging from 20-60 years with mean age of 40 years. Level of satisfaction of the patient with the procedure was measured 148(49.3%) patients had Level 1, 108(36%) patients had level II, 40(13.33%) patients had level III and 4(1.3%) patients had level IV.

Conclusion: FUE hair transplant is preferred by most of the patients, are not very painful and requires short recovery time after surgery and 98% patient had excellent to good satisfaction.

Key words: Level, patient satisfaction, FUE, hair transplant, postoperative pain.

INTRODUCTION

Hair loss is a very common problem that affects a major section of the male population across the world including Pakistan¹. The age when hair loss begins is different in each patient and is determined by genetic factors and hereditary tendency. Male pattern baldness (MPB) is caused by Dihydrotestosterone (DHT) in susceptible people. It is a social stigma and causes low self esteem and decreased quality of life^{2,3,4}.

In the male scalp there are two regions according to the type of hair that grows from them. The frontal region is called the temporary region in which the hair is affected by the hormone DHT. With time, DHT hormone causes a process of miniaturization of hair follicles and the resultant hair shaft becomes thinner and thinner and miniature in length. As a result the hair density progressively decreases with age in the frontal region^{5,6,7}.

In the occipital region the hair is genetically different. It is not affected by dihydro testosterone (DHT) in the same manner as frontal hair and the hair density in this region remains more constant as a person ages^{8,9,10}.

¹Assistant Professor of Surgery, Avicenna Medical College Lahore,

²Restoration Surgeon, Laser Looks Punjab Medical Centre Lahore,

³Assistant Professor/Head Department of Dermatology, Bolan Medical College/Hospital Quetta

Correspondence to Dr. Zulfiqar Saleem

Email: doctorzulfiqar@hotmail.com

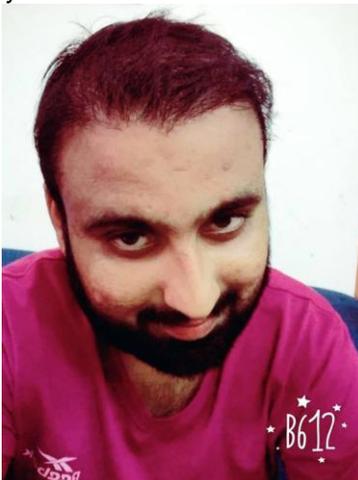
METHODOLOGY

This cross sectional interventional study was comprised 300 patients and performed at Punjab Medical Centre, Jail Road, Lahore from 15-09-2015 to 15-04-2016. Patients between ages of 20 to 60 years with moderate to severe hair loss and healthy scalp tissue with a healthy donor area were selected. Patients with a poor donor area or scarred scalp tissue were excluded. The procedure was performed under local anesthesia. The hair was trimmed with a trimmer. The recipient area was marked with a thick marker. The hair line was marked and shown to the patient. Attention was paid to give the hairline a very natural look and to avoid an artificial looking hairline. Attention was paid mainly to create a good looking more natural hair line. occipital area was marked as the donor area. Then the donor area was freeze with diluted xylocaine with adrenaline solution. Sites for placement of hair were formed using sp 90 blades or sharp point 35 degree blades. The patient was advised to wash both the donor and recipient area every day till 20 days without rubbing. Patient was prescribed antibiotics and a painkiller for 5 days. In the recipient area recipient sites were formed using sp 90 blades or sharp point 35 degree blades. A mega sessions on average contains 2000 grafts. Number of grafts varies from 1500 to 3500 grafts in a single session depending upon the donor area density and patient's needs.

Before surgery



After surgery



RESULTS

The age range between 20-60 years with mean age was 40 years. Level of satisfaction of the patient with the procedure was measured on the basis of amount of pain, duration of recovery, time and visibility of donor scar after the procedure (Table 1). The results showed that more than 98% patients were satisfied with the procedure to varying levels.

Table 1: Level of satisfaction (n=300)

Level of satisfaction	No.	%	Satisfaction
Level I	148	49.3	Highly satisfied
Level II	108	36.0	Moderately satisfied
Level III	40	13.4	Satisfied
Level IV	04	1.3	Unsatisfied

DISCUSSION

FUE is simply persistent process in hair transplantation. FUE uses a tool to take out

numerous groups of 1-4 hair. The large thing about FUE is there is no linear scar. FUE can give very natural results^{11,12,13}. More advantages of FUE are that it does not need an incision or stitches and it does not result in a long linear scar in the donor area. Dotted scars that are formed due to FUE are far less visible than the linear scar and can be minimized to undetectable by using fine punches. Hence there is less bleeding and it offers quick recovery with minimum discomfort. That is why patient satisfaction and comfort is very high^{14,15,16,17}.

In hair transplantation the key point is patient's expectation^{18,19,20}.

In our study, on the question asked, 98% patients had overall satisfaction (excellent to good). In the present study, the average number of follicular units was 2200. The investigator concludes that every author who performed hair transplantation on the patient's satisfaction should publish his results.

CONCLUSION

FUE hair transplant is preferred by most of the patients, is not very painful and requires short recovery time after surgery and 98% patient had excellent to good satisfaction.

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