

FOLLICULAR UNIT EXCISION (FUE) AND DIRECT HAIR IMPLANTATION (DHI): COMPREHENSIVE PATIENT INFORMATION SHEET

INTRODUCTION

Hair loss can have a significant impact on self-esteem and confidence. At Cosmetic Surgery of the Royal Liver Building, we specialize in advanced hair restoration techniques, including Follicular Unit Excision (FUE) and Direct Hair Implantation (DHI). These minimally invasive procedures provide natural-looking, permanent hair regrowth with minimal downtime.

This document provides comprehensive pre- and post-procedure information in accordance with British Association of Hair Restoration Surgery (BAHRS) guidelines and Care Quality Commission (CQC) regulations to ensure you are fully informed before proceeding with treatment.

PROCEDURE OVERVIEW

Follicular Unit Excision (FUE)

FUE is a state-of-the-art technique in which individual hair follicles are extracted from the donor area (typically the back or sides of the scalp) and transplanted into areas experiencing hair loss.

Steps of FUE:

- 1** Donor Area Preparation: Hair is trimmed to facilitate follicle extraction.
- 2** Local Anesthesia: Applied to both the donor and recipient areas to ensure a pain-free procedure.
- 3** Follicle Extraction: Using a specialized micro-punch tool, follicles are carefully harvested one by one.
- 4** Recipient Site Creation: Tiny incisions are made in the recipient area to accommodate the grafts.
- 5** Graft Placement: Extracted follicles are meticulously implanted in a way that mimics natural hair growth patterns.

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DIRECT HAIR IMPLANTATION (DHI)

DHI is an advanced variation of FUE that eliminates the need for pre-made incisions in the recipient area. Instead, follicles are implanted directly into the scalp using a specialized DHI implanter pen, improving precision, density, and healing times.

Steps of DHI:

- 1 Donor Area Preparation & Anesthesia: Same as FUE.
- 2 Follicle Extraction: Individual follicles are harvested using a micro-punch tool.
- 3 Implantation: Using the DHI implanter pen, follicles are implanted directly into the recipient area without needing pre-made incisions.

Key Differences Between FUE & DHI:

- ✓ FUE requires pre-made incisions in the recipient area, while DHI does not.
- ✓ DHI uses an implanter pen for more precise placement, allowing for higher hair density.
- ✓ Healing time may be faster with DHI due to the minimal trauma to surrounding scalp tissue.

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POTENTIAL RISKS AND COMPLICATIONS

While both FUE and DHI are considered safe and minimally invasive, all surgical procedures carry some risks. According to BAHRS guidelines, potential complications include:

- ✔ Swelling - Mild swelling around the forehead and eyes may occur but usually resolves within 3-7 days.
- ✔ Bleeding & Bruising - Some minor bleeding at the donor or recipient sites is normal but should stop within 24 hours.
- ✔ Folliculitis (Pimple-like Bumps) - Temporary inflammation of hair follicles may occur in the weeks following surgery but usually resolves on its own.
- ✔ Temporary Numbness - Some numbness or tingling in the donor or recipient areas may persist for a few weeks.
- ✔ Unnatural Hair Growth Direction - If follicles are not implanted correctly, hair may grow at an unnatural angle, though this is rare with experienced surgeons.
- ✔ Shock Loss - Some surrounding hairs may temporarily fall out post-surgery, but they will regrow within 3-6 months.

Seek Medical Advice If You Experience:

- ✘ Persistent redness, swelling, or pus discharge (signs of infection).
- ✘ Excessive pain that does not improve with painkillers.
- ✘ Prolonged bleeding beyond the first 24 hours.
- ✘ Sudden, excessive shedding beyond expected post-op hair loss.

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PRE-OPERATIVE CONSIDERATIONS

Before undergoing FUE or DHI, patients should:

- Undergo a medical consultation with Dr. Waqas Nazir to determine candidacy for surgery.
- Stop blood-thinning medications (aspirin, ibuprofen) and certain supplements at least 1-2 weeks before surgery (only if approved by your GP).
- Avoid alcohol and smoking for at least 2 weeks pre- and post-surgery, as they can slow healing.
- Wash your hair with a mild shampoo the night before surgery, avoiding any styling products.
- Eat a light meal before the procedure, as you will be in a seated or lying position for an extended period.

POST-OPERATIVE CARE

Immediate Aftercare (0-7 Days)

- ✓ Keep your head elevated when sleeping to reduce swelling.
- ✓ Avoid touching, scratching, or rubbing the transplanted area.
- ✓ Use sterile saline spray (as prescribed) to keep the grafts hydrated.
- ✓ Do not wash your hair for 48 hours after surgery.
- ✓ Avoid direct sunlight, excessive sweating, and dusty environments.

Hair Washing Routine (After 48 Hours)

- ✓ Wash your hair gently using a paraben-free baby shampoo as per Dr. Nazir's instructions.
- ✓ Use lukewarm water and avoid direct water pressure on the grafts.
- ✓ Pat dry with a clean towel—never rub.

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Activity Restrictions

- 🚫 No strenuous exercise or heavy lifting for two weeks.
- 🚫 No swimming, saunas, or steam rooms for four weeks.
- 🚫 Avoid tight hats or helmets for at least one month.

Expected Results & Growth Timeline

Timeframe	Expected Growth Stage
0-2 Weeks	Initial healing, scabs may form and fall off
2-3 Months	Shock loss—transplanted hairs temporarily shed
3-6 Months	New hair begins growing but may be thin or uneven
6-9 Months	Hair thickens, noticeable density improvement
12-18 Months	Full, natural hair growth achieved

Patience is key—final results take up to 18 months for full hair maturity.

ABOUT DR. WAQAS NAZIR

Dr. Waqas Nazir is a leading doctor in hair restoration surgery, specializing in FUE and DHI techniques. He is an expert in achieving natural-looking, high-density hair transplants while prioritizing patient safety and satisfaction.

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REGULATORY COMPLIANCE & PATIENT INFORMATION STANDARDS

This document follows the guidelines set by:

- ✓ British Association of Hair Restoration Surgery (BAHRS)
- ✓ Care Quality Commission (CQC)

Our clinic is CQC-registered, ensuring the highest standards of patient safety, ethics, and transparency.

FINAL ADVICE

- ✓ Trust the process—hair transplant results take time to develop.
- ✓ Follow all aftercare instructions for the best possible outcome.
- ✓ Attend follow-up appointments—they are crucial for monitoring progress.
- ✓ Contact us if you have any concerns—we are here to support you.

📞 FOR URGENT CONCERNS OR POST-OP ADVICE, PLEASE CONTACT:

Cosmetic Surgery of the Royal Liver Building
📍 Royal Liver Building, Pier Head, Liverpool, L1 3HU
📞 0151 2030020

Please Note:

- This document is for informational purposes only and does not replace professional medical advice.
- Individual results may vary based on genetics, health, and post-operative care.
- It is essential to discuss all medical concerns and expectations with Dr. Waqas Nazir before proceeding with treatment.

By following this guide, you ensure a safe, successful, and long-lasting hair transplant journey.