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Hair loss is a very common phenomena in men and women of all age groups. A lot of factors influence hair loss like dandruff, stress, age factor, genetic composition and improper diet to name a few. There are various methods for treating hair loss, but if the cause of hair loss is the genetics, then it can only be treated by artificial hair transplant. You can find some premier and most sophisticated hair transplant clinics and centers in India.

Hair transplantation is a minor surgery that is used to replace bald or thinning parts of the scalp with donor hair. This hair is usually taken from the back of the scalp, but can also be taken from other body parts.

There are different types of transplants but the main ones are: The strip harvesting follicular unit transplantation technique and the Follicular Unit Extraction popularly known as FUE hair transplant.

The strip harvesting follicular unit transplantation technique is the removal of large strips of tissue from the donor area. The units are transplanted as a group, keeping them in their natural genetic forms and preventing follicles from being damaged.

FUE hair transplant technique involves follicular unit hair transplant. The surgeon extracts follicular hair unit from the donor site by making a small, round incision in the skin, bearing the follicular unit. The follicular unit is then pulled out leaving behind a tiny hole. This goes on, until the surgeon has the amount of follicular units needed for the transplant. The follicular units are then inserted into the recipient holes, that are already made in the balding area.

The main difference between the strip harvesting and follicular unit extraction or FUE hair transplant techniques is, the method of extraction. While strip harvesting involves removing multiple follicular units, FUE requires the removal of individual follicular units. The main advantage of FUE over strip harvesting is that it does not involve skin cutting and grafting and it does not leave behind scars as compared to strip harvesting.

The FUE hair transplant method takes just one session of few hours, but if someone has lot of lost hair then it can take more than one session for restoration of hair.

The wounds heal in 7 to 10 days and your scalp looks completely natural. But it is absolutely essential to take care of the scalp after surgery, by constantly washing it and massaging it on regular basis, to increase the flow of blood to the scalp.

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Aravali Hair Institute is initiative of Dr BK Garg and Dr Udit Bhanu Rao. Both are surgeons, and

have good reputation in the field of a [hair transplant](#), hair transplant in India. Under their leadership, AHI has introduced new techniques and processes in a [fue hair transplant](#) procedures.

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