

3 Best Hair Transplant Techniques for 2021 -Revealed!



Have you given up trying various ways to cure your hair loss? Well, pull yourself together; you still haven't tried these best hair transplant techniques to get a one-time permanent solution for your dying hairs.

[The current statistics show, out of the 250 million population in China, 90 million young females are victims of hair loss.](#) However, you can save yourself from getting bald by using advanced hair transplant techniques to look more confident and blush with healthy hairs. So, let's know what hair transplants are and how they can give you long-term solutions to look younger without worrying about baldness.

What is Hair Transplant?

A hair transplant is a surgical method in which a hair follicle is inserted into the bald portion of the head. The inserted hair, later on, grows into new hair naturally. The patient is anesthetized to prevent pain during the surgery.

3 Best Hair Transplant Techniques

There are various methods to perform hair transplant. The most effective methods are:

1. Neo Graft Transplant

In Neo Graft transplant, the hair is implanted with a specialized tool. The tool facilitates the in-depth insertion of hair into the bald area of your head.

Pros

- It is a quick process (take 4-10 hours)
- Safe and healthy hair growth in 3-6 months
- Best for Mild to moderate hair loss.

Con

- Slight neglect while implantation can lead to a moth-eaten appearance.

2. Follicular Unit Extraction (FUE)

In this technique, hair follicles are implanted with needles into the balding site. Surgeons take the strands from the back or side of the head. [Recent research reveals that these grafts are implanted directly without shaping or magnifying their actual structure.](#)

Pros

- Natural-looking results
- No injury to the patient
- No scars on donor areas.

Cons

- long and expensive method.



3. Strip Grafting

The third best hair transplant technique is Strip Grafting. In this method, the surgeons take a paper-thin hair strip (1.5-3 months) from the back of your head and insert it into the balding area after dissection.

The inserted hair follicles are rooted instantly and begin maturing in a few months.

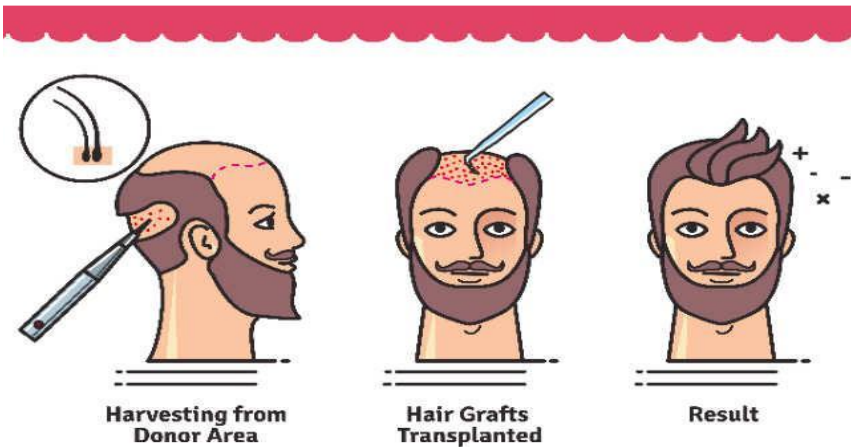
Pros

- Perfect solution for extreme hair loss
- Less expensive
- Left no scar
- Natural-looking lasting results

Cons

- The danger of blood clots.
- A deep incision might cause nerve damage.

Among all techniques, I would suggest the FUE method is best than traditional hair transplants. In this process, the transplanted follicles will grow into natural hairs without a slight difference from actual hairs. That's why it's known as the “Gold standard” for hair grafts.



Things You Must Consider Before Hair Transplant.

Always remember that every restoration method is not fit for you. So, it would be best if you take pre-treatment guidelines before making any decision. Always consult your doctor to analyze your medical condition and know which method works best for you. Also, handle all necessary precautions once your hair loss treatment is done. Don't take any step that will put your health in danger.

These surgeries are long-term solutions, but many genetic and dietetic factors also cause extreme hair fall. For instance, the deficiency of iron, protein, hormonal and seasonal changes, stress, and weakness can be the reason behind your hair loss. So, consider every aspect and take the treatment accordingly.

Conclusion

Healthy hairs have a profound impact on your personality. Whether you are an adult or teenager, it's never too late to take any hair treatment for the effective growth of your hair. So, if you have tried all temporary methods to prevent your hair loss but failed, then don't waste your time. Seek your doctor's advice and get the benefits of these best hair transplants to shine brighter.

And if you've already made up your mind to do a hair transplant, then don't forget to share your experience in the comments section below.