HAIR RESTORATION

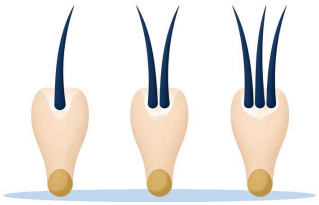
How Many Grafts Do You Need?

What a graft actually is, how the number is arrived at, and why more is not the same as better



A graft is not a hair. It is the small unit of tissue that hairs grow out of, and the number of hairs inside it varies from person to person and from one part of the scalp to another.

ONE GRAFT, ONE TO THREE HAIRS



Single, double and triple units. Singles build the hairline; multiples build density behind it.

THE SHORT DEFINITION

One graft is one follicular unit: a natural grouping of hair follicles, taken from the donor area with the tissue around it intact.

- ✓ **1 graft** may contain one, two, three or occasionally more hairs.
- ✓ **Hair count** is usually two to two and a half times the graft count.
- ✓ **Placement** singles at the front, multiples behind – that is what reads as natural.

COUNTING GRAFTS AND COUNTING HAIRS

	WHAT IT MEASURES	WHERE IT IS USED
Grafts	Follicular units moved	Planning, pricing and the surgical day itself
Hairs	Individual hairs inside those units	Density calculations; roughly twice the graft count
Density	Units per square centimetre	How full an area will look once grown
Donor capacity	What can be taken over a lifetime	The ceiling every plan has to respect

A quote in hairs will always sound larger than the same plan quoted in grafts.

"More grafts" is not the same as "a better result"

- ✓ Balance matters: a dense front above an untreated crown can look less natural than an even plan.
- ✓ The donor area is finite and cannot be replaced – protecting it protects your future options.

Send your photographs and ask for an approximate graft plan.

PAGE 2 OF 4

Planning the front, mid-scalp and crown

The scalp is not planned as one surface. It is divided into zones, and each zone gets its own share of the grafts available.

THE MAP A PLAN IS DRAWN ON

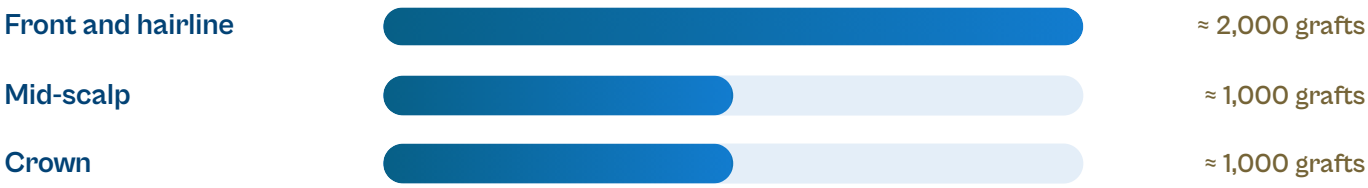


Seen from above, front to back: hairline, frontal zone, mid-scalp and the crown.

WHAT EACH ZONE ASKS FOR

- ✓ **Front and hairline.** The most visible area. Angle, irregularity and single-hair grafts matter more here than anywhere else.
- ✓ **Mid-scalp.** The transition. It carries the front backwards and keeps the result from stopping abruptly.
- ✓ **Crown.** A spiral of growth directions over a curved surface. It can absorb a large number of grafts for a modest visual gain.

AN ILLUSTRATIVE DISTRIBUTION, NOT A QUOTE



WHY THE NUMBER IS PERSONAL TO YOU

The area
How much ground has to be covered.

Existing hair
What is already there and worth keeping.

Donor
What can safely be taken.

Hair calibre
Thicker hair covers with fewer grafts.

The goal
Coverage, or visible density.

Ask which zones a first session would prioritise in your case.

PAGE 3 OF 4

Rough shapes, and two rules that hold

Every pattern of loss is different, but most fall into a handful of shapes – and the same two planning rules apply to nearly all of them.

ROUGH SHAPES, AS A SENSE OF SCALE ONLY

LIMITED

A receding hairline

A narrow band at the front; the rest of the scalp is intact.

MODERATE

Front and mid-scalp

A wider area, with the transition carrying much of the result.

EXTENSIVE

Front, mid and crown

The donor usually has to be shared, often over two sessions.

DECISION

Front first, or crown?

Where the donor is limited, the front is almost always treated first.

TWO RULES THAT HOLD FOR ALMOST EVERY PLAN

- ✓ **The front is funded first.** It frames the face and is what you see in every mirror and photograph. A plan that spreads thinly over everything usually satisfies nobody.
- ✓ **Density is bought in the right places.** Full density across the whole scalp is rarely achievable or necessary. Concentrating it where the eye lands is what reads as a good result.

THREE QUESTIONS THAT COME UP AT THIS POINT

Can I just ask for more grafts?

You can ask, but the donor area sets the ceiling. Taking beyond it thins the back of the head permanently.

Why is the crown quoted so high?

It is curved and the hair spirals, so it needs more grafts per visible square centimetre than the front.

Is a lower number a worse plan?

Often it is the more careful one. Grafts held back today remain available for a second session later.

ⓘ Every figure in this guide is an example used to explain how planning works. Your own numbers come out of a medical assessment and may be very different.

Ask what a realistic first session would look like for your pattern.

PAGE 4 OF 4

Donor capacity and realistic expectation

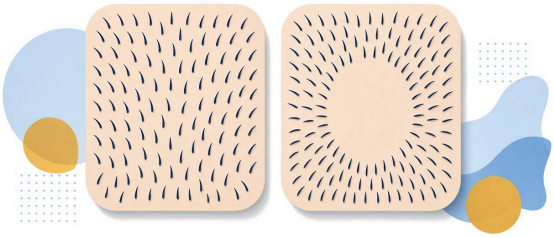
The result does not depend only on how much area is open. It depends just as much on what the back and sides can give without ever looking thinned themselves.

WHERE GRAFTS COME FROM



The safe donor band at the back and sides; beard hair sometimes supports it.

EVEN HARVESTING MATTERS



Left – grafts taken evenly across the band. Right – too many taken from one patch, which shows.

FIVE THINGS THAT CHANGE DONOR CAPACITY

Density
How many units per square centimetre.

Calibre
Thicker hair covers more per graft.

Contrast
Hair and skin close in tone look denser.

History
Previous sessions and existing scars.

Texture
Wavy and curly hair covers more ground.

The donor area is the part you cannot buy back

Grafts moved to the front are gone from the back for good. A plan that empties the donor in one session leaves nothing for the hair you may lose in the next decade – the strongest argument for a conservative first session.

YOUR NEXT STEP

Talk to us before you decide anything

Free Consultation
A conversation with a coordinator, with no commitment.

Send Your Photos
Our medical team reviews them and replies with an assessment.

WhatsApp Us
Questions answered in your own language, usually the same day.

✓ Free consultation · Free medical evaluation

WHATSAPP US

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WHY ESTECENTER?

✓ Experienced medical teams
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This guide is for informational purposes.
Treatment suitability is determined after medical evaluation.