

FREE GUIDE

Hair-Loss Options Guide

A plain-language map of every common hair-loss option — surgical and non-surgical — and who each one tends to suit. This is general information, not medical advice.

Start with the cause

Hair loss has many causes — genetics, hormones, stress, illness, and more. The right option depends on the cause, so a real plan starts with a qualified provider's exam, not a website.

Non-surgical options

- Medication (such as finasteride or minoxidil): can slow loss and support regrowth for some people; works only while used.
- PRP: uses your own blood to support thinning hair, usually over a short course of sessions.
- Microneedling and low-level laser: sometimes used alongside other options; evidence varies.

Surgical options

- FUE transplant: follicles moved one by one, no linear strip scar, longer sessions.
- FUT transplant: a donor strip yields more grafts per session, leaves a fine linear scar.
- Eyebrow and beard restoration: the same transplant ideas applied to smaller, detailed areas.

Honest expectations

No option restores a full teenage head of hair, and results take months and vary from person to person. Beware anyone promising a guarantee. Slowing loss and adding density is a realistic, worthwhile goal for many people.

Option	Surgical?	Best thought of as
Medication	No	Slowing loss
PRP	No	Supporting thinning
FUE / FUT	Yes	Adding density
SMP (tattoo)	No	The look of density

Want the next step? Get matched, free, with a licensed hair-restoration provider near you at folliclelane.com/get-matched/. We collect contact details only — never your medical history.