



AESTHETIC AND COSMETIC DERMATOLOGY (LASERS SEPARATE CATEGORY)

PLATELET RICH PLASMA WITH MICRONEEDLING AND TRICHLOROACETIC ACID PEEL FOR TREATMENT OF STRIAE DISTENSAE

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Background: Striae distensae constitute a common problem encountered in daily practice, a condition easy to diagnose but difficult to treat. Platelet rich plasma (PRP) is gaining popularity amongst dermatologists and its application in various dermatosis is being actively explored.

Objective: To evaluate platelet rich plasma with microneedling and trichloroacetic acid peel in striae distensae.

Material and methods: Ten patients with striae distensae affecting arms (n=6) and trunk (n=4) were included in the study. Under topical anaesthesia, PRP was injected over the entire area of striae by nappage technique using an insulin BD syringe (31 gauge) followed by microneedling with a dermaroller (1mm), the endpoint being pin-point bleeding. Microneedling was done over the striae and extended 2-4 mm beyond the margins. Trichloroacetic acid (TCA) peel (35%) was then applied with feathering at margins for 1 minute duration. Total three sessions were done three weeks apart. Clinical improvement were graded as excellent response (>75%), good (50-75%), partial response (25-50%) and poor response (<25%).

Results: After 9 weeks follow up, 6 patients (60%) had excellent response, 2 patients (20%) had good response, 1 patient (10%) had partial response and 1 patient (10%) had poor response.

Conclusion: Combination of platelet rich plasma with microneedling and trichloroacetic acid peel in striae distensae seems to be an effective treatment modality although large scale studies are required.

