



AESTHETIC AND COSMETIC DERMATOLOGY (LASERS SEPARATE CATEGORY)

PLATELET-RICH PLASMA WITH MICRONEEDLING TREATMENT FOR ACNE SCARS

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Introduction: Post acne scars are a major cause for disfigurement on the face in young people. Several treatments of the past such as dermabrasion, chemical peeling, laser resurfacing (ablative and non ablative) and cosmetic surgery are being used to treat scars. Still fully satisfactory treatment is not available. PRP when combined with microneedling has shown to improve acne scars significantly.

Objective: This study was done to evaluate the safety and efficacy of PRP with microneedling for the treatment of acne scars in patients with skin types III to V

Materials and Methods : It is a Prospective, single-center study done on 25 patients , age 25yrs to 40 yrs , skin type - III to V , with acne scars (ice pick scars ,boxcar scars and rolling scars) without any active acne lesion .Our patients received five treatments. The procedure was done at 4 weeks interval. Results were evaluated before each treatment, at four weeks and twelve weeks after the final treatment using Goodman Scar scale and Visual analogue scale (each patient was asked to grade between 0 to 10 as per his/her satisfaction):

0-3: Poor

4-6: Good

7-10: Excellent

Results: Acne scars started showing improvement when the subjects were assessed at the second treatment but improvement was significant after three treatments . The results persisted after 12 weeks of fifth treatment . Improvement was maximum on rolling scars . Adverse effects were limited to transient erythema ,bruising and edema .

Conclusion: PRP with microneedling is safe and significantly effective treatment for superficial and deep acne scars with minimal downtime and no major side effects.

