TEXTURAL IMPROVEMENT IN AGEING SKIN WITH PLATELET RICH PLASMA (PRP) - AN INTERVENTIONAL HOSPITAL BASED OBJECTIVE SPLIT FACE STUDY

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INTRODUCTION: Ageing is a constant process and comprises of many textural changes in skin. We conducted a study to objectively assess effects of platelet rich plasma (PRP) on ageing skin, its texture, full skin thickness, melanin, collagen, hemoglobin and sebum.

AIMS AND OBJECTIVES: To objectively compare efficacy of PRP and needling versus normal saline and needling for textural improvement of intrinsic and photoaged skin.

MATERIAL AND METHODS: This prospective interventional, comparative, split face study was conducted on 30 patients of intrinsic and photoageing, attending the out-patient department of dermatology and venerology. The patients were treated with intradermal injections of PRP on one side of face and intradermal injections of normal saline on other half of face for four sessions at an interval of 3 weeks each. Multiple pricks caused by the needle used for intradermal injections, itself was considered analogous to needling. Patients were objectively assessed at 1ST visit, 3rd visit and post 1 month of completion of treatment by ultrasoundbiomicroscopy, siascopy and sebumetry.

OBSERVATIONS AND RESULTS: It was observed that in most of the sites assessed, both PRP with needling and normal saline with needling, improved full skin thickness and dermal echotexture, decreased the Sub epidermal hypoechoic band thickness, increased hemoglobin, collagen and sebum content. PRP with needling was significantly better than normal saline with needling.

CONCLUSION: The results of this study show that both Needling with PRP and needling with normal saline are capable of causing textural improvement of ageing facial skin but, PRP with needling was significantly better than needling with normal saline.