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Efficacy of platelet rich plasma combining with microneedling in the treatment of acne scars: A concurrent split face study

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Acne scars are the sequel of acne; which causes cosmetic discomfort, depression, low self-esteem & reduce quality of life. Microneedling is an established and cost effective treatment for scars, although the efficacy of platelet-rich plasma (PRP) has not been explored much. The purpose of this study was to evaluate the efficacy and safety of platelet-rich plasma (PRP) combined with microneedling for the treatment of atrophic acne scars.

Methodology: 50 patients of 17–32 years of age with atrophic acne scars were enrolled. Microneedling was performed on both halves of the face. Intradermal injections as well as topical application of PRP (pre activated with calcium chloride) was given on right half of the face, while the left half of the face was treated with intradermal administration of distilled water. Three treatment sessions were given at an interval of 1 month consecutively. Goodman's Quantitative scale and Quantitative scale were used for the final evaluation of results. All the adverse effects were duly noted and treated.

Findings: Right and left halves showed 62.20% and 45.84% improvement, respectively, on Goodman's Quantitative scale. Goodman's Qualitative scale showed excellent response in 20 (40%) patients and good response in 30 (60%) patients over right half of the face, while the left half of the face showed excellent response in 5 (10%) patients, good response in 42 (84%) patients and poor response in 3 (6%) patients.

Conclusion: We conclude that platelet rich plasma has efficacy in the management of atrophic acne scars. It can be combined with microneedling and enhance the final clinical outcomes in comparison to microneedling alone.

Biography

Dr. Mohd Asif began his career in Dermatology as a resident at National Institute of medical science and University, India. From there, he did a master degree in dermatology under the tutelage of Dr. Kishor Singh. Then he joined as consultant dermatologist at Kaya Skin clinic, Delhi. Currently he is instated as a senior resident of dermatology in Muzaffarnagar Medical College. Dr. Mohd Asif has special interest in Platelet rich plasma, microneedling, lasers and aesthetic dermatology. He is keen on anti-ageing medical practice, and believes strongly in preserving skin's youthful appearance. He is an active member of Indian association of dermatology, Venereology and leprosy.

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