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Efficacy of autologous platelet rich plasma combined with fractional ablative carbon dioxide laser therapy in the treatment of facial atrophic acne scars

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Ablative fractional CO₂ laser therapy is considered by most as gold standard for atrophic acne scars although it is associated with prolonged erythema at treated site, longer downtime which may affect the daily lives of patients. Autologous platelet-rich plasma (PRP) is known to enhance wound healing and has been shown to act as a potential adjuvant with fractional CO₂ laser for the correction of acne scars. The objective of this study was to evaluate the synergistic effect of autologous platelet-rich plasma (PRP) combined with fractional CO₂ laser therapy for acne scars. 55 patients with moderate to severe atrophic facial acne scars of different morphologies were enrolled. 48 of them completed the study. Of those who completed, each underwent 3 sessions of PRP combined with fractional CO₂ laser therapy at 6-8 week intervals. Clinical photographs were taken and patients were assessed at each session. Final assessment was done 5 months after the last session using a four-point scale for clinical improvement of skin smoothness. More than 75% improvement was labeled as excellent response, 51-75% as good, 26-50% and 0-25% as fair and poor respectively. 12 patients (25%) showed excellent improvement 22 (45.8%) and 14 (29.2%) patients demonstrated good and fair response respectively. Average duration of operated site erythema and edema was 3-5 days. Two patients developed post inflammatory hyperpigmentation which lasted 6-12 weeks. PRP with ablative fractional CO₂ laser therapy is a good combination for treating acne scars with higher patient satisfaction for clinical improvement as well as shorter downtime.

Biography

Simran Pal Singh Aneja has completed his MD Dermatology from Devaraj Urs University and MBBS from Sri Ramachandra University, India. He is the Director of Aneja Skin & Hair Centre, a premier skin & hair centre.

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