

Ripe FOR REGENERATION

Having trialed Regen - Platelet Rich Plasma (PRP) over the last few years, the Face Today clinics have reported some striking results that could dictate the future of facial augmentation. Here Kerie Jackson, Practice Manager Face Today, Cairns, shares their findings following a six month trial with Regen-only patients.

We have observed treatment results in patients who have been treated with Regen (PRP) only as part of our ongoing research and observation of the beneficial cosmetic and anti-ageing effects using Platelet Rich Plasma is having on the skin and structures within the skin.

We have gradually expanded the use of PRP in areas affected by ageing due to UV radiation, the environment, lifestyle and genetics. We do not treat patients who smoke or have a lifestyle that doesn't support good health and we also encourage our patients to look after their nutritional health which can support the anti-ageing process.



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In the last six months we have used PRP within the lip tissue and lip borders, perioral lines and for lip blanket depletion as well as oral commissure. Our observations include: plumping, roundness and softness within the lip tissue. Dynamic lip lines and creases have softened and the skin has firmed and tightened around the lips. Dynamic lines created by muscle action of the DAOs and mentalis have softened and reduced. The thickened texture of the skin within the areas of constant repetitive dynamic muscle action has also been demonstrated to be finer, softer and tighter. We can also treat the muscle action with botulinum toxin to support the freshened appearance of the skin. Fillers and PRP make a good combination and complement each other.

We have also observed that photoaged skin which has not had any skin resurfacing or PDT treatments has demonstrated beneficial change using Regen (PRP) alone. The changes observed have been refinement, smoothing, softening and tightening of the skin, with reduced appearance of elastosis. The changes have occurred during three treatments spaced at four to five weeks apart.

The plan for these photoaged patients is to follow up with PDT/IPL/blue light as part of combination therapy approach. We also consider Fraxel and microdermabrasion along with medical grade home skin products and sunblock. Fillers and botulinum toxin have

also been planned to augment the freshened appearance of the skin.

Regen (PRP) has been used as a stand alone treatment in the back of hands, with observation and review at six months and 12 months. The skin texture at six months had increased elasticity, hydration, less skin flakiness and more textural softness with a faster recovery of the snap reflex. The results at 12 months remained the same with no reduction in the beneficial results observed at six months. The patients in this group ate a healthy diet and added antioxidants, phytonutrients, minerals and mitochondrial nutrients to support optimal health and energy. The décolletage skin and underlying tissue demonstrates a rapid beneficial change in lines, elasticity, hydration and texture. This has been noted in all patients we have treated, and, after only one treatment. The décolletage has shown the fastest results in any area that we have treated thus far.

The next most impressive results have been demonstrated in the periorbital skin. At first we started treating in the tear trough and lower orbital rim and crows feet only. What we observed is a change in the skin which showed a line of demarcation against skin that was treated and skin that was left untreated. It was obvious that we needed to go back and treat the skin that was not included initially. We have now progressed in the treatment of the periorbital skin to include the entire eyelid to

eyebrow, and lower orbit, tear trough to eyelash line. The skin in this area demonstrated tightening and contraction and smoother texture.

The jaw line and neck area have shown varied results in patients treated with Regen. Certainly all patients treated have demonstrated tissue contraction/tightening, smoothing, refining of the skin. Some individuals have demonstrated an elongated appearance of the neck due to skin tightening and contraction. We have also used a combination of hyaluronic filler to the “necklace lines” to elevate and soften the depth of these lines and then followed up this treatment with the inclusion of medical skin needling and Regen (PRP) injected through the area. When we initially commenced treating the neck, we also noticed a definite line of demarcation against skin that was treated and skin that was not treated. These areas were the side of the neck below the ear, the skin next to the tragus and the “collar” of skin at the base of the neck just above the clavicle. These “missed” areas required treating because the difference was quite noticeable.

Some of our patients undergo a combination of medical skin needling and Regen (PRP) as a treatment performed on the same day. Again, we have seen the excellent skin tightening, hydration, textural skin softness and refining etc.

The amount of Regen(PRP) used varies with each individual. A standard for many patients is four vials, one to two months apart. The injection technique varies depending upon the area being treated. We keep our patients comfortable during the procedure by applying anaesthetic cream (BTL) prior to injecting PRP. We also use ice and for sensitive patients, we can offer Entonox after baseline observations are taken as well as checking for possible contraindications.

The temporary side effects of Regen(PRP) are minimal. They can be more accentuated in individuals who have a history of asthma, allergic rhinitis and atopy. The temporary inflammatory response seems to be more marked and slightly more prolonged in these individuals. This could mean mild tissue swelling and mild erythema for a couple of hours to 24 to 36 hours. Bruising can also be evident in some individuals. Most patients tolerate this procedure well and enjoy the results once they can see that their skin is improving. Results vary with each individual and they need to be reassured that it can be a longer process requiring more than one treatment to attain the results that are desired.

Once the initial treatments and results have been obtained, maintenance treatments can be repeated at six and twelve monthly intervals.

Nicole Jackson Belle, founder of Face Today in Chatswood says it is exciting to see patients who had Regen with them three years ago have maintained the results. “It’s also interesting to note that with each treatment every six to 12 months the results seem to accumulate. When patients ask me how long it will last I ask them ‘how quickly do you intend to age?’ The ageing process partly depends on genetics and partly by an individuals lifestyle choices so it is in some way dictated by a patient’s willingness to take antioxidants, drink an appropriate amount of water according to their body weight, use a sun block, eat fruit and vegetables (preferably organic), and eat appropriate amounts of meat, fish and chicken depending on their blood type etc. I remind them that they can’t have a Regen treatment and expect to live a wild life and let Regen do the rest.”

Dr Bruce Williamson of Face Today, Chatswood, says because the bio-stimulation injection uses the patients’ own tissue repair mechanism, results are dependant on how well the patients look after themselves, health-wise. “We won’t treat smokers or those with poor nutrition because the result will be less successful. The PRP will only be as healthy as the person, so the better the patient’s health habits, the better the result they can expect, we also try and get our patients on antioxidants. Patients need to be in a good state of health and contraindications include platelet dysfunction, auto immune disease, and any malignancy – although there is no evidence that it could stimulate malignancy – we want to rule out any possible complications.”

Dr Williamson recommends a course of three treatments and follow-ups every one to two years. He has seen some great results when PRP is



performed, then two weeks later the patient is treated with fractionated laser and then followed up a fortnight later with another treatment of PRP. He expects the popularity of PRP to grow and grow, “We can expect to see a lot more of these type of treatments because many patients prefer the idea of not having a foreign body injected. We can expect refinements to existing techniques and technologies and also using the body’s own tissue repair mechanisms. In the future platelet clots will be injected into the skin so that we can achieve a filling function as well as a tightening and toning function from PRP treatment. The popularity of stem cell and growth factor based treatments will also continue to gain momentum.”

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