



# ESSENCE OF YOUTH

**REGEN PLATELET-RICH PLASMA IS A VERSATILE TREATMENT TO IMPROVE THE VOLUME, TEXTURE AND TONE OF THE SKIN AS WELL AS OTHER USES .**  
JENNI GILBERT REPORTS.

Since its introduction to Australia three years ago, Platelet-rich plasma (PRP) therapy under the brand name Regen PRP has become a highly sought-after non-surgical procedure for facial rejuvenation. Designed to improve the texture and tone of the skin, Regen PRP harnesses the beneficial functions of the body's own blood platelets to stimulate new cell growth, helping to restore lost volume and improve complexion.

With age, the texture and appearance of the skin

deteriorate and it often becomes dry. Platelet-rich plasma has been used in cosmetic medicine for many years to rejuvenate areas of the body including the face, neck, décolletage and the back of the hands, where aging is characterised by sagging skin, fine lines and loss of volume.

'The term "platelet-rich plasma" is used to describe blood plasma with a high concentration of platelets, which are integral to tissue repair,' explains Dr Jeremy Cumpston from NSW. 'Regen PRP therapy targets the growth factors

found in these autologous (the patient's own) platelets, which are then injected back into the patient to stimulate the body into producing new collagen and hyaluronic acid.'

Whereas other skin rejuvenation treatments work by stimulating skin repair from the outside, PRP is unique in that it utilises the body's own repair resources to heal the skin and other deeper tissues from the inside.

Because the treatment uses autologous blood plasma, generated by the patient's own body, the risk of allergy or transmissible diseases is non-existent. Moreover, no foreign material is injected.

Not only does Regen PRP heal the skin in all layers, from the deep dermal structures to the outermost surface, it is also a very versatile treatment. As well as facial rejuvenation, Regen PRP can be used to treat scarring and stretch marks; promote healing in ulcerated wounds in the elderly; treat sports injuries; and help firm saggy stomach skin, as with woman after pregnancy.

Although commonly used to reinvigorate the quality of the skin in the face, Dr Cumpston believes Regen PRP can also be successfully used to treat thinning hair and hair-loss. 'PRP is proving to be a very successful treatment for hair thinning or loss, and particularly for male pattern baldness,' he says. 'During the consultation I will determine if a patient is a suitable candidate for PRP, as it is important to start treatment early on.'

'Hair loss can start very early for men in particular, and can be damaging to their self-esteem, and needless to say the men that we have treated have been extremely happy with their results,' he adds.

During a typical treatment, blood is collected from the patient and then spun in a centrifuge in order to concentrate the blood plasma. The platelet-rich plasma is then injected into the treatment area.

Depending on the areas treated, different amounts of plasma will need to be collected, but a typical treatment will take 40 minutes. Addressing hollowing and dark circles around the eyes may need only one tube of blood to be collected from the patient (10 to 20 ml), while a full face can be done with two. Face, neck and décolletage may require as many as six tubes.

'We have been using Regen PRP in our clinics for about 18 months and have had particular success in treating loose, crêpey skin on the neck,' says Dr Cumpston. 'Regen PRP can tighten, tone and lift the sagging skin around the neck and, in my experience, take years off someone's appearance.'

During the procedure, pain can be managed using numbing cream or local anaesthetic and patients should expect to experience slight bruising, swelling and redness after the procedure. Any side effects tend to settle over the course of 24 hours.

'The patient will see some results two to three weeks after their first treatment, but for optimum results a course of three or four treatments is required, spaced a minimum of eight weeks apart' says Dr Cumpston. 'Results will

continue to improve over the course of a few months.'

The longevity of the results depends on the age of the patient and condition of their skin, but generally last for between two and three years. 'In a slightly older patient once the desired results have been achieved, we may suggest a repeat treatment every six months,' says Dr Cumpston. 'For patients with hair thinning and loss, once we have achieved the regrowth of hair we recommend that every six months they have a "top up" vial to ensure the continued growth of new hair follicles.'

Using the patient's own cells, Regen PRP can refresh a patient's appearance with minimal downtime, helping to improve the quality of the skin and restore plumpness to wrinkles, scarring and sagging skin. **csbm**



BEFORE

AFTER Regen PRP treatment by Dr Cumpston



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