

IT'S IN THE BLOOD

AN INTERVIEW WITH DR TEH SIEW YEN, HEALTH SENSE CLINIC

PLATELET RICH PLASMA TREATMENTS MAKE YOUR BODY WORK FOR YOU TO SOLVE YOUR SKIN ISSUES. HERE'S THE WHAT, HOW AND WHY.

Q: WHAT AND HOW DOES THIS TREATMENT ACTUALLY WORK?

DR TEH: The science behind Platelet Rich Plasma (PRP) is to utilise our body's natural ability to heal itself. Blood is made up of red blood cells, white blood cells and platelets suspended in plasma. Platelets play a fundamental role in wound-healing. It contains and releases growth factors to stimulate soft tissue healing and repair.

PRP is derived from our own blood by taking a blood sample and then processing the blood via a process known as centrifugation. This separates the Platelet rich component, known as PRP from whole blood. As a concentrated source of platelets, PRP when injected back to the skin, will initiate collagen synthesis and skin rejuvenation.

PRP injection procedure is also known as "Vampire Facelift" and takes about an hour. No skin incision or general anaesthesia is needed as it is a minimally invasive procedure. It can be combined with other treatments such as Botox, dermal fillers and dermatological lasers to achieve additional benefits.

procedure is done under sterile conditions by a well-trained medical practitioner in a clinic or hospital setting so there will be minimal risk of infection or other risks.

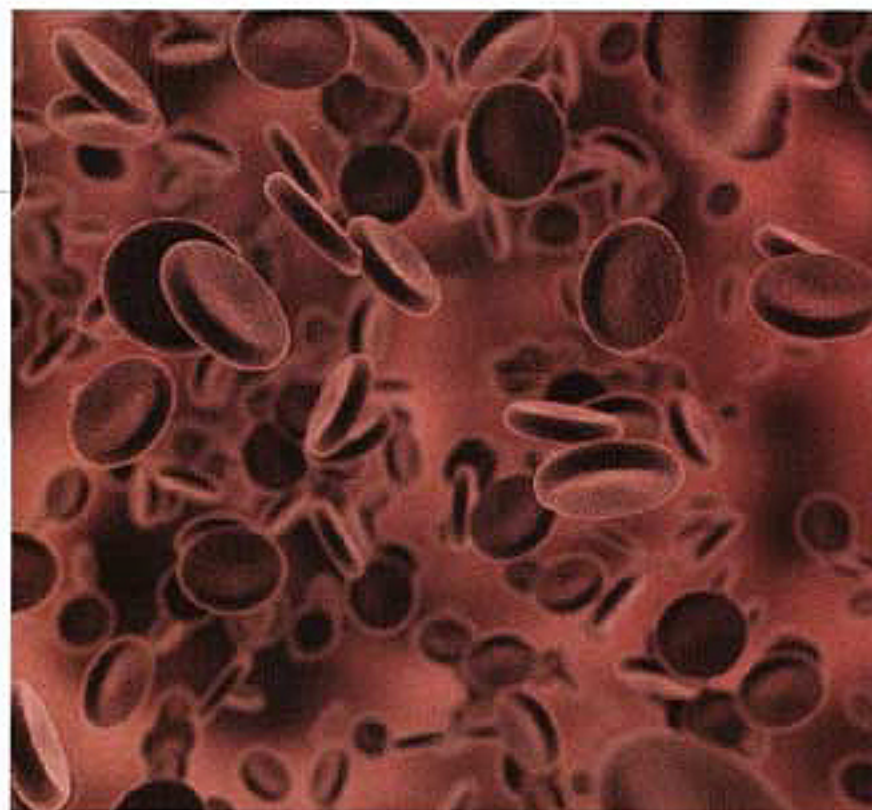
Q: IS IT ONE TIME FIX?

DR TEH: Depending on factors such as a patient's age, habits (eg. smoking, sun exposure) and skin condition, usually more than one treatment will be recommended for good improvement and long-term maintenance. For younger patients with absence of or minimal skin damage, it is recommended to have six monthly treatments for maintenance. Whereas in older patients with moderate sun damage or ageing skin, they may require monthly treatments initially for several sessions and thereafter, 3 to 6 monthly treatments for maintenance. The doctor will be able to determine a treatment protocol which is most suitable for each individual patient. As with most other beauty procedures, maintenance treatments are advised as our skin will continuously age and needs to be constantly repaired.

Q: WHO ARE THE BEST CANDIDATES FOR THIS TREATMENT?

DR TEH: As PRP is a minimally invasive

procedure with a short recovery time, patients with signs of ageing and cannot afford to take a lot of time away from work or social life are good candidates. It is most suitable for patients who wish to look younger but do not want any drastic changes to their appearance and who prefer a natural approach (using our body's natural ability) to rejuvenate their skin. In addition, younger patients in their thirties can also receive



PRP injection as a preventative and maintenance treatment.

Q: HOW LONG DOES IT TAKE TO SEE RESULTS AND HOW LONG DOES IT LAST?

DR TEH: The patient will be able to observe skin textural changes as soon as the mild swelling and bruising subsides (usually a week). Early visible changes include smoother, glowing and brighter skin. As collagen remodelling may take up to six months, the skin will gradually become firmer and naturally improve over time. In most patients, it would be best to wait at least three months for skin firming and wrinkle reduction effects to be noticeable. Depending on the patient's age and skin condition, the effects of PRP usually last up to a year.

Q: WHAT'S PRP BEST USED FOR?

DR TEH: For cosmetic purposes, PRP is effective in treating patients with the following skin conditions:

- Sun damaged skin on the face, neck, décolletage and hands
- Ageing or sagging skin
- Wrinkles around the mouth, eyes and dark eye circles
- Scars (as a result of acne or skin injury)
- Dull and tired looking skin
- It is important to understand that PRP is not designed to replace conventional plastic surgery for certain conditions such as severe eye bags or loose skin where surgical procedures would be more appropriate.❖

Q: ARE THERE RISKS?

DR TEH: Because PRP is derived from our own blood, it is considered a natural product and there is minimal risk of an allergic reaction. But there are a few common side effects associated with the procedure such as bruising, mild pain and swelling at the injection site that may last from a few days to a week. It is important to ensure that the

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