

# Microneedling Therapy With and Without Platelet-Rich Plasma

Peter W. Hashim, MD, MHS; Zachary Levy, MD; **Joel L. Cohen, MD**; Gary Goldenberg, MD

## PRACTICE POINTS

- Microneedling is an effective therapy for skin rejuvenation.
- Preliminary evidence indicates that the addition of platelet-rich plasma to microneedling improves cosmetic outcomes.

## Combination Use of Microneedling and PRP

*Microneedling therapy is an increasingly popular treatment of several dermatologic conditions. Platelet-rich plasma (PRP) may serve as a valuable adjunct to improve the regenerative effects of treatment. We review the evidence comparing the results of microneedling therapy with and without PRP. Based on the current preliminary literature, PRP appears to augment the cosmetic outcomes of microneedling without increasing the risk for adverse events.*

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In another split-face study, Fabbrocini et al<sup>19</sup> evaluated 12 adult patients with acne scars. The right side of the face received microneedling plus PRP, while the left side received microneedling alone. Two treatments were performed 8 weeks apart. Severity scores (0=no lesions; 10=maximum severity) were used to assess patient outcomes throughout the study. Acne scars improved on both sides of the face following the treatment period, but the reduction in scar severity with microneedling plus PRP (3.5 points) was significantly greater than with microneedling alone (2.6 points)( $P<.05$ ). Patients tended to experience 2 to 3 days of mild swelling and erythema after treatment regardless of PRP addition. With only 12 patients, the study was limited by a small sample size. The 10-point grading system differed from the Goodman and Baron scale in that it lacked corresponding qualitative markers, likely decreasing reproducibility.<sup>19</sup>

Before (A and B) and after skin rejuvenation with 4 sessions of microneedling therapy (C and D). Photographs courtesy of Joel L. Cohen, MD (Colorado, USA).

