

New York Social Diary

YOUR LINK TO SOCIETY

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Microneedling with PRP By Delia von Neuschatz

If you're looking for the fountain of youth you may not have to go far. The key to turning back the clock may very well be found in your own blood. More specifically, the platelet rich plasma (PRP) contained therein, called "liquid gold" by some doctors, is made up of fundamental protein growth factors which aid with cell growth, tissue repair and collagen production. PRP therapy, which has been popular in Europe for years, has been used by elite athletes such as **Kobe Bryant** and **Alex Rodriguez** to treat sports injuries. It has also been used to stimulate hair growth.



Bar Rafaeli and Kim Kardashian undergoing microneedling with PRP.

But what will it do for my crows feet, you wonder? When delivered via a microneedling process, it may very well diminish them, along with reversing the effects of sun damage and improving the appearance of acne scars and hyperpigmentation. The end result should be more resilient, thicker skin with fewer lines and wrinkles. And because it is your own blood from which PRP is derived, there is virtually no risk of allergic reactions.



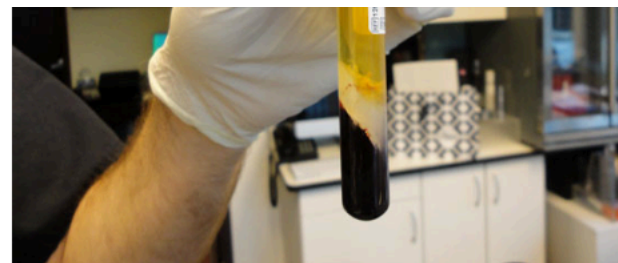
The Rejuvapen, one of the microneedling instruments on the market, is capped with nine hair-thin surgical needles.

The procedure began with Dr. Shafer drawing a bit of blood. He then placed the blood in a centrifuge which spun it at a very rapid rate, separating the platelets from the red and white blood cells. In the meantime, my face was numbed with a lidocaine cream. As soon as the lidocaine took effect, **Graceanne Svendsen**, Dr. Shafer's medical aesthetician, topically applied the platelet-rich plasma on a part of my face and passed the microneedling pen over that section.

The process was repeated until my entire face had been covered, including the under-eye areas. The procedure, which lasted approximately 45 minutes including the blood-drawing, wasn't painful, but my skin stung a bit and felt tight in the immediate aftermath. I looked like I had had a sunburn and there was some swelling and bruising too. I was very thankful for the Oxygenetix breathable foundation which Graceanne gently patted on my face post procedure.



Graceanne Svendsen, licensed medical aesthetician.



After centrifugation, the red and white blood cells were separated from the plasma and platelets forming the cloudy substance in the center.



Dr. Shafer then withdrew the PRP serum from the vial. The unused remnants were discarded.

That night, I slept with my head in an elevated position and took a Benadryl to reduce the swelling (as per Graceanne's recommendation). The next day, I was still quite red and had a little bit of bruising, but was less swollen. The day after that, my skin started peeling. All in all, it took about two days for the redness to go away and another two for the peeling to stop. It is important to note here that the reaction to treatment depends on the condition of your skin. I recommend that anyone who decides to undergo this procedure clear their social calendars for a couple of days afterwards.

And what about the cost? In New York City, prices range between \$1,500 to \$2,500 per treatment for microneedling with PRP. One to two treatments per year should suffice provided one stays hydrated and follows a good skin care routine at home according to Graceanne.

Microneedling with PRP at Shafer Plastic Surgery