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Emerging role of platelet rich plasma in intervention dermatology and trichology

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Platelet rich plasma therapy has emerged as a game changer in intervention dermatology and trichology in last one decade. The concept of regeneration through stimulation of autologous growth factors is gaining popularity in addition to existing medical management of difficult to treat disorders. The laser and microneedling cocktail therapies along with platelet rich plasma therapy is specially finding role in treating common disorders like post acne, post traumatic and post surgical scars, facial rejuvenation, melasma on one hand and in difficult to treat disorders like burn scars, stretch marks and lichenoid disorders on the other hand in intervention dermatology. Intervention and regenerative trichology is another fast growing field with promising options in male and female pattern hair loss, alopecia areata, telogen effluvium and even more difficult disorders like scarring alopecia in combination with medical therapy or in combination with hair transplant. The purpose of adding platelet rich plasma in these disorders is to add high concentration of millions of autologous growth factors which enhance the healing process besides improving the hostile environment. This form of regenerative therapy can be utilized in vast number of indications provided body is supported in the right direction with balanced nutrition, early morning high protein diet to stimulate collagen formation and correction of underlying deficiencies for predictable and long lasting results.

Recent Publications

1. Suruchi Garg, Shweta Manchanda. Platelet-rich plasma—an ‘Elixir’ for treatment of alopecia: personal experience on 117 patients with review of literature Stem Cell Investig, 2017; 4: 64
2. Suruchi Garg, Mandeep Garg, Muniraju Maralakunte, Sahajal Dhooria, Inderpaul Sehgal, et al. The Conundrum of ‘Long-COVID-19’: A Narrative Review Int J Gen Med. 2021; 14: 2491–2506
3. Suruchi Garg. Outcome of Intra-operative Injected Platelet-rich Plasma Therapy During Follicular Unit Extraction Hair Transplant: A Prospective Randomised Study in Forty Patients J Cutan Aesthet Surg. 2016 Jul-Sep; 9(3): 157–164

Biography

Suruchi Garg, is a director and chief consultant at Aura Skin Institute, Chandigarh. She is a dermato-laser & hair transplant surgeon, program director for IADVL fellowship in ‘Lasers & Aesthetic Dermatology’. She is a recipient of young dermatologist forum award, Dermacon 2008 for work on cutaneous vasculitis and a recipient of distinguishes scholar award 2020 from European Journal of Scientific Research for her work on scarring alopecia and regenerative medicine. She filed a patent protocol on non-surgical facelift and also innovated LA-PEEST, a novel fast acting vitiligo surgery. She proposed global drooping and wrinkle classification for aging face and also a member of editorial board of cosmo derma journal.

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