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Total BODY



The liquid lift

FACIAL REJUVENATION WITH **REGEN PRP** IS FAST BECOMING THE MUST-HAVE PROCEDURE IN MANY WOMEN'S BEAUTY REGIME. LIZZY WOOD REPORTS.

For those wanting to eradicate fine lines and wrinkles, restore the glow of youth to their skin and tighten sagging jowls, there are a variety of procedures available. Laser resurfacing, skin needling and cosmetic injectables can all alleviate some of the common signs of ageing. But what if you want something a little more natural?

Over the past few years, platelet rich plasma (PRP) treatment has blossomed to become one of the most popular anti-ageing facial rejuvenation procedures available. Why? Because the procedure draws on the patient's own resources and natural healing mechanisms in order to facilitate change.

Adelaide cosmetic surgeon Dr Robin Chok has been using Regen Platelet Rich Plasma in his clinic for the past two years. In that time, PRP has exploded in popularity and today he says it is second only to anti-wrinkle injections with his patients. Not only does Regen PRP treatment make use of a patient's 'natural resources,' Dr Chok explains the rejuvenation results he can achieve with Regen PRP are also some of the most natural-looking.

'Regen PRP is a true rejuvenation procedure, rather than one that masks, or controls a process such as anti-wrinkle injections or dermal fillers,' he says. 'The skin that's treated

not only glows but feels firm and taut and my patients often report that they look and feel young again.'

So what is Regen PRP? Platelet rich plasma has been used in a medical setting for several decades – for example in sports medicine to facilitate the healing of tendons, muscle tears and joint injuries. Blood platelets, which are already well known for their role in clotting, release signals known as growth factors. These proteins communicate with the body to initiate the natural healing process – when injected into a torn muscle, the healing process is therefore expedited and recovery comes that little bit quicker for the athlete.

It's thanks to companies such as Regen Lab that treatment with PRP has been able to move into a cosmetic setting, supplying cosmetic surgeons and physicians with the tools they need to concentrate platelets in the comfort and convenience of their own clinics.

'Platelets are not only important for clotting of the blood but actually play a much greater role in repair and modelling of tissue by way of orchestrating the repair and rejuvenation process via growth factor proteins, which is how cells communicate with each other,' explains Dr Chok. 'By harvesting and concentrating the platelets and then reintroducing them strategically within the area of

the body or face, it's possible to achieve an organic yet effective enhancement.'

Dr Chok uses examples of other popular facial rejuvenation procedures such as laser resurfacing or collagen induction therapy to explain why Regen PRP is so unique. 'These treatments induce an injury to the skin in order to stimulate the body's healing response, which then results in remodelling of the skin and an improvement in its appearance,' he explains. 'Regen PRP "tricks" the body into thinking an injury has occurred, resulting in a much higher degree of rejuvenation, because the body doesn't have to deal with any actual injury first.'

Dr Chok uses a deep tissue injection technique, which he believes is best for lift and volumisation. 'I call it the "liquid lift",' he says, referring to the treatment's ability to tighten the skin without need for surgery.

'A typical patient will be starting to show mild to moderate sagging of the skin around the orbital region and cheeks, which might be exacerbating the nasolabial fold and marionette lines,' he says. 'By injecting the platelets into the deep tissue, we can restore natural-looking contours, making the face look remarkably radiant and fresh.'

The procedure itself is relatively fast and involves minimal downtime. 'Patients arrive at the clinic and I apply a numbing cream to the face,' says Dr Chok. 'Depending on the extent of the treatment area, I then take two to three tubes of blood from the patient's arm, which is then spun in the Regen centrifuge to concentrate the platelets.'

After five to eight minutes, Dr Chok extracts the clear platelet rich plasma ready for reinjection into the patient. 'This takes around 20 minutes, depending on the extent of the treatment area,' he says. 'There is no redness and minimal swelling – bruising is really the only risk we see, and I prescribe Hirudoid cream to manage this risk.'

In order to enjoy optimal results, Dr Chok recommends most patients have three treatments, spaced four to six weeks apart. 'Patients will then only need a single top up treatment every 12 to 18 months,' he says.

When it comes to seeing results, Dr Chok says most



The Regen PRP centrifuge

of his patients report a new firmness and glow within just three days. 'From around three weeks onwards the skin becomes firmer and then, around two to three months after the treatment patients start to see the lift.'

Because of the natural-looking results, Dr Chok says the procedure is proving just as popular with his male clients. 'We find Regen PRP very popular among male patients as they prefer a natural and gradual improvement,' he says. Another advantage of the procedure is that it offers patients a rejuvenation option for areas of the body that were previously hard to treat – such as the hands and décolletage. It is also suitable regardless of skin type, unlike laser resurfacing which cannot be used on those with dark skin types or who are prone to keloid scarring.

'Ultimately, patients love the firmness and lift that is generated by Regen PRP,' Dr Chok concludes. 'Not only is it a low-risk, cost effective procedure, but the results are natural-looking and can not only be seen from the outside, but can be felt from the inside out.' **csbm**

