

THE CLINIC
HAIR

A vampire facial for scalps? Plasma and fibrin injections could be the ultimate fix for thinning hair

Platelet-rich plasma (PRP) first made its mark as a way to accelerate wound healing in orthopedic surgery, and doctors are now using plasma that is extracted from blood to rejuvenate thinning hair. “PRP has been used for years to repair joint damage, but as a hair loss application, it is fairly new,” says Studio City, CA dermatologist Gene Rubinstein, MD. “Since seeing how it effectively treats hair that has been affected by miniaturization and stimulates the follicle to grow thicker, healthier hair, PRP has become a phenomenon.” Injected deep into the scalp in the area of the subcutaneous fat and connective tissue—the solution tends to diffuse into the dermis—the PRP spawns new hair growth over the next six to 12 months (most doctors say initial results can be seen after about three months). “It’s important to hit the areas right outside of a bald spot because the areas of most recent hair loss are most

amenable to hair restoration,” says Dr. Rubinstein. Plenty of doctors are also using PRP in tandem with traditional hair restoration surgeries. “We find it to be helpful during hair transplantation procedures because it fertilizes newly transplanted hairs,” says Wayne, NJ facial plastic surgeon Jeffrey B. Wise, MD.

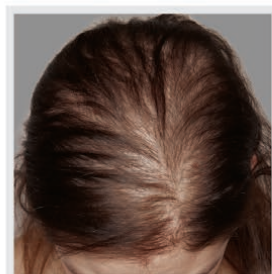
IS PRF THE FUTURE?

“As great as PRP is for treating hair loss, we’re seeing the next iteration of it in the form of PRF (platelet-rich fibrin),” says Los Angeles facial plastic surgeon Kian Karimi, MD. PRF contains a higher concentration of platelets, white blood cells, fibrin and even a small amount of mesenchymal stem cells (super potent adult stem cells that differentiate into virtually any type of tissue). While the blood collection process for both procedures is the same, the centrifugation process used is where they differ. PRP is spun at a much faster rate to separate the red blood cells out from the plasma, in turn filtering out some platelets, white blood cells and stem cells. “The

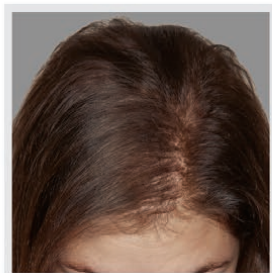
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spinning process we use for PRF is slower, which allows the desired cells to be brought to the surface so they can be collected,” Dr. Karimi says. “The fibrin acts as a scaffolding of sorts in which the plasma clots, allowing for the growth factors to be released over an extended period of time, similar to how fibrin works in the body when there is a cut or wound.”

According to Dr. Karimi, the effects of PRF are essentially still working long after the first injections, which is what makes the dormant follicles regenerate and thicken the

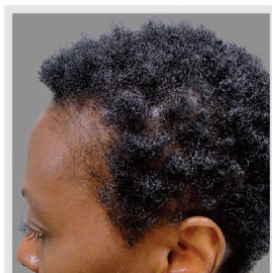


BEFORE

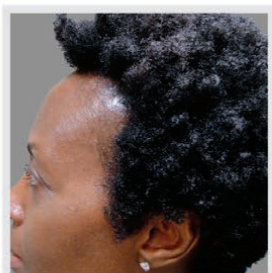


AFTER

New York dermatologist Doris Day, MD, administered four treatments of PRP spaced one month apart to improve the thickness and quantity of hair.



BEFORE



AFTER

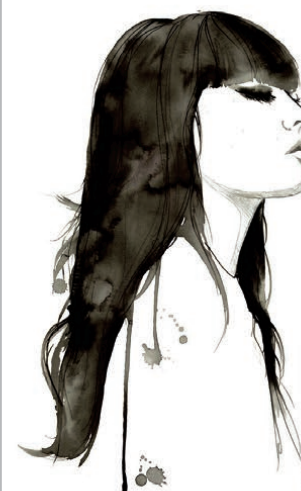
Seven sessions of PRP were performed by Englewood Cliffs, NJ dermatologist Jeffrey A. Rapaport, MD to address thinning of the hairline.

JESSICA DURRANT/GETTY IMAGES

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ACCORDING TO THE AAD
80
 MILLION AMERICANS SUFFER FROM HAIR LOSS

existing hair follicles. “With PRP, the growth factors are released in the first few minutes and the sustained benefits after that are limited.” The 30-minute procedure, which is injected in a grid-like pattern, requires the application of an anesthetic numbing cream to make the treatment more comfortable. Both PRP and PRF are said to feel like a pinch at the insertion point, followed by a stinging sensation that only lasts for as long as it takes to inject the plasma. “I like to use a vibrating anesthetic device on patients, too, which is a tool that buzzes to distract the patient from focusing on any of the pain,” says Dr. Karimi. Following the injections, there may be swelling, bruising and tenderness at the injection site for the first few days. New hair growth may be seen in as little as six weeks, and about three treatment cycles need to be done to see the full effect. Although platelet-based treatments are promising, it won’t work for all individuals. Many physicians also state that there is little scientific evidence to back up the majority of both PRP and PRF claims, and that further evidence is needed, as well as a standardized treatment protocol.



Scalp Master

Hot on the heels of the eyebrow microblading frenzy comes scalp microblading, a one-hour, semipermanent, pigment-based treatment that creates the illusion of a fuller hairline.

WHO IT IS BEST FOR

Those with dark or light hair (not gray) because the pigments blend well with natural hair and patchy spots. Fine strokes with a single tattoo needle create little dots on the scalp to mimic hair follicles. Scalp microblading does not grow new hair or thicken existing hair, but it will create the look of more hair, especially at the hairline and temples, and in the part.

WHAT TO EXPECT

“The results, which are instant, can last a few years, although the sun can fade the color because this is a superficial tattoo of sorts,” says Lucy Hart, a microblading and permanent makeup expert. “In the beginning, I always recommend that clients don’t wash their hair for the first five days so the pigment can really set.”

PROMOTION

MODERN MAKEOVER

Armageddon Weight Loss DVD Program is a personalized workout system and nutrition plan created by 22 doctors, scientists and fitness experts. The tailor-made program includes an easy-to-follow, body-toning exercise routine, dietician-designed meal plans and a personal coach each step of the way.

DEBORAH, AGE 52

“I have tried many different weight-loss programs in the past, but I never achieved the results I was looking for. With Armageddon, no supplements or prepackaged meals are required. Not only did I get stronger and lose weight, but this program literally changed the shape of my body. My butt is toned and lifted, my stomach is flatter and tighter, and I have so much more energy.”

- ✓ Lost weight
- ✓ Cellulite is gone
- ✓ Results in just 3.5 months



BEFORE



AFTER

“My cellulite is gone! My transformation was so dramatic that my 12-year-old daughter lost me in the supermarket because she did not recognize me.”