

Platelet rich plasma as a novel method for treating Melasma

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Abstract

Background: Melasma is a common facial pigmentation with multiple treatment options available, however relapses after remission are quite common. Platelet rich plasma (PRP) is a cocktail of various growth factors which are vital for tissue repair and regeneration.

Aim of the study: To study the efficacy of platelet rich plasma (PRP) as a monotherapy treatment option in melasma.

Materials and methods: Forty-five patients aged 18-45 years clinically diagnosed as melasma were included as study subjects. Autologous PRP was given intra lesionally using microinjections at 2, 4 and 6 weeks. MASI score, Patient assessment score (PAS) and Dermoscopy was done at baseline (week 0), 2, 4, 6 weeks and after 12 weeks. All the patients were prescribed topical sunscreen of SPF 30.

Results: In our study 43 were females and rest were males, giving a female to male sex ratio of 4.65:1. The mean age was 31.7 ± 5.1 years and the mean duration of disease was 4.61 ± 4.3 years. The mean MASI score at baseline was 11.03 ± 5.84 and at 6 and 12 weeks it was 8.7 ± 5.23 , 9.44 ± 5.58 respectively, giving a statistically significant (p value 0.00) difference. The results were supported by improvement in PAS and Dermoscopic findings. The most common side effect was pain which subsided within 2-3 hours.

Conclusion: Our study uncovers the potential aspects of PRP as a treatment modality in melasma and also other pigmentary disorders as a mono therapy or as an adjunct therapy.

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Biography

The Kashish Tyagi is a senior research fellow at the Institute MBBS, India.