

Platelet Rich Fibrin Micro-needling

What is micro-needling? Micro-needling takes advantage of the miraculous healing ways of the skin by puncturing tiny needles evenly, on the top layers of the skin, in a controlled depth. An electrical device is used that creates small holes/pokes. These little holes stimulate your skin to produce collagen and elastin leaving your skin bright and full at the same time driving products into the dermal layer of the skin. Micro-needling decreases the appearance of fine wrinkles, scars, and pores and improves overall tone and texture.

How does micro-needling work? The needles on the micro-needling device leave tiny pokes in your skin at very specific depths which causes your skin to kick into healing mode. Your skin then repairs itself by increasing collagen and elastin to heal these microscopic holes left on the skin. Scientific studies have shown us that our skin gradually loses its collagen and elastin, causing the characteristic signs of aging. Therefore, encouraging your skin to produce the production of collagen allows your skin to gain strength and look younger and healthier.

What is PRF? PRF stands for “platelet rich fibrin” and it is the next step in the evolution of natural skin and hair rejuvenation. PRF is a fibrin matrix comprised of platelet cytokines, growth factors and cells used to help promote skin rejuvenation, hair growth and wound healing. The growth factors are what stimulate the stem cells to improve collagen and elastin in the skin. The platelets and growth factors in PRF promote faster healing.

How does micro-needling with PRF work? Skin that has been studied after micro-needling has been shown to have an increase in multiple types of collagens immediately below the outermost layer of skin (just below the epidermis). This increase in collagen makes skin resemble more youthful look. Micro-needling has been shown to decrease the appearance of acne scars, fine lines, wrinkles, and pigmented or sun damaged areas.

How long does it take to recover from micro-needling with PRF? Your body starts recovering from the treatment immediately. Treated areas may appear red for 1-3 days after the procedure but will dissipate naturally and quickly. To avoid pigment changes or scarring after the procedure, it is imperative client follows the post-treatment instructions. Avoiding overheating of the skin and the exposure to the sun for several days is imperative.

Other uses for PRF

The prepared PRF can be used for injection under the skin using a blunt tipped cannula. It is placed between the dermis and the epidermis layer of the skin. 2-4 consecutive treatments spaced 1 month apart are necessary to achieve desired results. Ask your practitioner for more information on PRF injections.