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SUMMER-FALL 2018

Elle
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at 54

THE MID LIFE CRISIS

HOLLYWOOD'S FAVORITE
**SECRET
SURGERY**

RADIANT skin *SHINY hair*

INSIDE:

+

The Newest Lunchtime Laser
Head-to-Toe Vampire Facials
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Amazing Makeovers

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

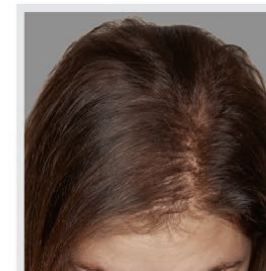
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spinning process we use for PRF is slower, which allows the desired cells to be brought to the surface so they can be collected," Dr. Karimi says. "The fibrin acts as a scaffolding of sorts in which the plasma clots, allowing for the growth factors 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

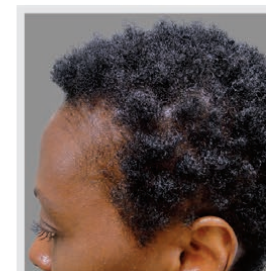


BEFORE

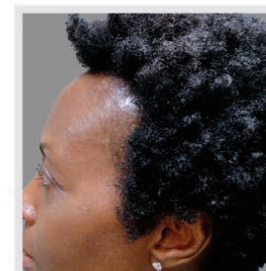


AFTER

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.