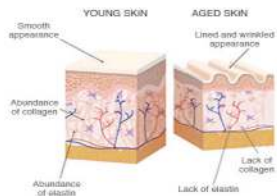




## WHAT IS SKIN DETERIORATION?

Skin deterioration is what many people refer to as the signs of ageing, however they are really signs that our skin is losing its health and vitality. Skin deterioration is a reflection of the dynamic, cumulative effects of various internal and external factors, unique to each individual, over time. While some degree of skin deterioration is inevitable as we age and while genetics do play a role, various factors can increase the onset and severity of the physical and visible changes seen as skin ages and becomes unhealthy. These include smoking, medication, sun exposure, stress, poor nutrition, and the pattern of facial muscle activity.



While the factors contributing to the appearance of an individual's skin deterioration vary, an individual's skin undergoes predictable structural changes that have been well researched and are well understood. Changes include a reduction in blood supply; a loss of collagen, elastin and other vital structural components which allows the skin to take on a dull, dry and rough texture, as well as developing pigmentation, fine lines, wrinkles and sagging.

## HOW CAN SKIN BE REJUVENATED?

Because Facial Ageing and skin deterioration is a multi-factorial, 3-dimensional and ever-changing process, it often requires a multi-pronged approach to treatment which involves several different types of therapies used in unison— there is no single treatment that can be used in isolation to achieve the best results.

As there are several options to consider, these should be discussed in consultation with your Dentist as they are among the only people qualified to assess all aspects of your condition and to help you determine the most appropriate choices for your individual circumstances. Available treatment options address different aspects of the deterioration process, depending on the cause, and they vary in cost, complexity and the expected results, including how long they last and potential complications. Options include:

- Use of scientifically proven home skincare products
- Active skin resurfacing & reconditioning therapies, eg LASER, Chemical Peels & micro-needling
- Anti-wrinkle injections, eg. Botox
- Volume adding injections, eg. Dermal Fillers
- Skin tightening devices, eg Radiofrequency (RF), High Intensity Focused Ultrasound (HIFU) & PDO Threads
- Surgical repositioning of the skin & underlying structures, eg. Surgical Face-Lift & Bletheroplasty
- Use of autologous blood concentrates (PRP/CGF)



## WHAT ARE AUTOLOGOUS BLOOD CONCENTRATES & WHAT CAN THEY DO?

Few people realise that the simple blood coursing through your veins is made up of numerous microscopic components that are able to regenerate and repair all kinds of tissues in the body, including skin.

Cells in the blood called Platelets help the body to heal after injury by releasing Growth Factors that stimulate tissue regeneration processes. In addition, blood also contains Stem Cells that are able to develop into active cells required for regeneration and repair of hard and soft tissues. Such cells have been used clinically to treat various diseases including Spinal Cord Injuries, Liver Cirrhosis and Peripheral Vascular disease, in addition to skin rejuvenation.

These techniques take a person's own blood (autologous) and separate the components into specific layers, thereby "concentrating" those useful cells into zones that can be easily extracted and administered back in to the same person, with the aim of revitalising unhealthy tissues.



These procedures can be used on all patients, regardless of age or skin type, to provide generalised skin tightening and reconditioning; to eliminate fine lines and wrinkles; and to improve skin tone, texture and clarity, eliminating dull, dry and rough skin. Dentists can also use these concentrates inside the mouth for various regenerative purposes.

An even more advanced technique, called Activated Plasma Albumin Gel (APAG), allows Dentists to create a dermal filler gel from blood concentrates that can be used to restore lost facial volume and contours, eliminating grooves, folds and depressions.

## WHAT CAN I EXPECT DURING THE PROCEDURE?

After diagnosing the need for blood concentrate treatment, your Dentist will apply local anaesthetic to the areas of your skin that will be treated.

Blood is then drawn from your arm in exactly the same manner as if you were having routine blood tests. The drawn blood is placed in to a special machine called a Centrifuge, which spins the blood at high speeds in order to separate the components. The Dentist will administer the blood concentrate solution to the skin through a series of micro-injections or micro-needling techniques.

Treatment time varies depending on the condition and area being treated but generally is between 30-60 minutes, after which you can wash your face with warm water only. Thanks to the use of local anaesthetic, most people experience no pain or discomfort with this procedure.



## WHAT CAN I EXPECT AFTER THE TREATMENT?

Immediately after treatment, the area will still be numb for some time. Expect the treatment area may be red from the injections and this may last several days. Some minor swelling, bruising, itching, burning and a tightness of the skin are all normal and will subside after 24-48 hours. Mild analgesics like paracetamol can be used if needed but do not use anti-inflammatories like Ibruprofen.

Do not schedule any major events on the day of, or for two weeks following treatment, to allow for any bruising or swelling to subside.

Do NOT touch the skin for a couple of hours, after which you can wash your face with warm water only. Do not use products containing AHA's (Glycolic, Lactic, Salicylic acids) or other highly perfumed or active skin care products for 1 week. Skin dryness and flaking may occur after a few days and a simple moisturiser and sun block (at least SPF 30+, preferably zinc) are recommended daily.

A full list of post-treatment care instructions will be provided by your Dentist in order to minimise potential side effects and maximise results in your individual case. You should schedule a review appointment with your Dentist two weeks after receiving treatment to review results and discuss any further treatment and alternative therapies that may be required. You should avoid sun exposure during this time.

As the skin starts to rejuvenate and new collagen is stimulated by the blood concentrates, you will notice a reduction in visible fine lines & wrinkles; an improvement in skin tone, texture and brightness; together with a reduction in pigmentation. Results continue to improve week on week and to achieve the best outcome, it is recommended to have at least 3 treatment sessions, spaced 4-6 weeks apart.



*Ever wonder*  
**WHY**  
**VAMPIRES**  
have  
**GREAT SKIN?**

## ARE THERE ANY POTENTIAL PROBLEMS?

The use of blood concentrates has been shown to be very reliable and safe, yet all medical and dental procedures have the potential to cause unwanted side effects/complications and you should discuss these with your Dentist.

While problems are rare, the most common issues come from the injection process rather than the concentrates and can include redness, swelling, itching, bruising, bleeding and skin infection.

Though uncommon, skin pigmentation can become worse, especially if the skin is not protected from the sun's harmful rays by avoiding exposure or wearing sunscreen daily.

Patients prone to cold sores may experience an outbreak, especially if treatment has been performed around the mouth and while exceptionally rare, life-threatening allergic reactions are possible.

Rest assured that your Dentist will conduct a thorough review of your health and medical history prior to delivering treatment to ensure that you are safe to undergo therapy and unlikely to encounter problems. Pregnant or breast-feeding women should not undergo these procedures.



YOUR AADFA CERTIFIED DENTIST IS : \_\_\_\_\_

*Because BLOOD heals & it could help you!*



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