

## Platelet-rich plasma as an adjunctive treatment in lichen planopilaris



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### THERAPEUTIC CHALLENGE

Lichen planopilaris causes scarring alopecia, and the most effective treatments have response rates of only 10%.<sup>1</sup> Recently, low laser light therapy has shown potential effectiveness in scarring alopecia.<sup>2</sup> Scarring alopecia is a significant cosmetic concern in women (Fig 1, A).



**Fig 1.** A, Before treatment. B, Hair thickening after 3 sessions of platelet-rich plasma. C, Significant hair thickening after 4 sessions of platelet-rich plasma.

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**SOLUTION**

After cleaning the area with spirit and betadine, topical anesthesia is applied on the affected area and platelet-rich plasma (PRP) is injected using a 31-gauge Becton Dickinson insulin syringe (Becton Dickinson, East Rutherford, NJ) using the nappage technique (ie, intradermal injection at a depth of 1.5- to 2.5-mm at an angle of 30° to 60°). Topical minoxidil 2% is continued from the next day and stopped on the day of the PRP procedure. Significant hair thickening is detected after 4 sessions of PRP 3 weeks apart (Fig 1, *B* and *C*). In conclusion, PRP can be an adjunctive treatment in improving hair thickening when used along with topical minoxidil.

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