

Collagen versus scars and other skin defects

Katarzyna Grudzień¹, Kacper Grudzień²

¹Lift-Med Clinic in Rybnik, Poland

²Department of Neurosurgery, Bielański Hospital, Warsaw, Poland

Key words: aesthetic medicine, injectable collagen therapy, anti-aging

Hypertrophic scars, keloids and minor skin defects are frequent chief complaints in the practice of an aesthetic medicine doctor. The currently available medical literature lists various widely accepted management strategies against them, including, among others, surgery, laser therapy, cryotherapy, radiotherapy, and physical methods. These vary in their indications, contraindications, adverse effects and success rates – therefore, these modalities need to be tailored to each patient individually.

In recent years, collagen-based injections have garnered interest in the treatment of the above-mentioned conditions thanks to their favorable safety profiles, ease of use and observed effectiveness in improving patients' satisfaction with their bodies. Despite the paucity of scientific data regarding their clinical impact, injections of collagen-based solutions have become a viable choice in the treatment of various skin defects, yielding promising results.

We present a series of 10 cases of successful collagen injection therapies in patients presenting to the Lift-Med Clinic in Rybnik, Poland, due to scars, keloids and/or minor skin defects. In all patients, a clinically

significant reduction in the severity of the primary condition has been achieved.

The effects appreciated in the patients included in this presentation exemplify the potential benefits of using collagen-based product injections in the treatment of scar-adjacent and other skin lesions. As of now, this modality of treatment awaits further studies elucidating the exact indications and contraindications for its application. presenting to the Lift-Med Clinic in Rybnik, Poland, due to scars, keloids and/or minor skin defects.

References

1. Ekstein SF, Wyles SP, Moran SL, Meves A. Keloids: a review of therapeutic management. *Int J Dermatol* 2021; 60: 661–671, DOI: 10.1111/ijd.15159.
2. Limandjaja GC, Niessen FB, Scheper RJ, Gibbs S. Hypertrophic scars and keloids: Overview of the evidence and practical guide for differentiating between these abnormal scars. *Exp Dermatol* 2021; 30: 146–161, DOI: 10.1111/exd.14121.
3. Singh D, Rai V, Agrawal DK. Regulation of Collagen I and Collagen III in Tissue Injury and Regeneration. *Cardiol Cardiovasc Med* 2023; 7: 5–16, DOI: 10.26502/fccm.92920302.