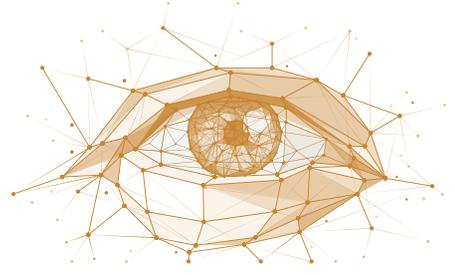


BÖLÜM 14

Cilde Yönelik Topikal Uygulamalar



Burcu TUĞRUL¹

GİRİŞ

Periorbital bölge, hastaların gençleşmek isteyeceği en önemli alanlardan biridir. Hastaların periorbital bölgedeki en sık estetik kaygıları koyu halkalar, şişkinlik, ince çizgiler ve kırışıklıklar ya da sadece yorgun görünümdür.⁽¹⁾

Kırışıklık önleyici enjeksiyonlar ve dermal dolgu maddelerinden lazerle cilt yenileme veya trombosit zengin plazmaya (PRP) kadar çeşitli yöntemler varken, uygulayıcı hekim için hangi topikal ajanların mevcut olduğunu bilmesi önemlidir. Topikal tedaviler cilt görünümünü düzeltmek, yaşlanma değişikliklerini azaltmak veya invazif tedavilerin sonucunu artırmak için kullanılabilir.

Yaşlanma, yüz görünümünün evrimi ile ortaya çıkan doğal bir süreçtir. Yaşlanma ile ilişkili fizyolojik değişiklikler arasında kuruluk, bariyer fonksiyonunun kaybı, elastikiyet kaybı, kırışıklıkların oluşumu, epidermal hücrelerin daha yavaş dönüşümü ve atrofi bulunur. Ayrıca yaşlanma süreci ilerledikçe kollajen ve elastik lifler de zarar görür ve zamanla ilerleyen yaş ve fotohasar, tip 1 kollajenin daha fazla parçalanmasına neden olur.⁽²⁾ Yaşlı ciltte, fibroblastlar düşük seviyelerde kollajen ve yüksek seviyelerde kollajeni parçalayan enzimler üretir. Bu artan kollajen kaybı ile ardından cildin incilmesi gibi bir kısır döngü yaratır.⁽³⁾

Çizgiler, yaş ilerledikçe gözün yan tarafında görünür hâle gelir ve alt göz kapaklarından malar yanaklara kadar uzanır. Periorbital kırışıklıklar («kazayakla-

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nımının sona ermesiyle tersine döner. Ancak yine de hastalara ürünlerden hangisinin kullanıldığı fark etmeksizin istemeden göze girmesi durumunda ciltte veya gözün kendinde lokal tahrişe neden olabilecekleri tarif edilmelidir.

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