

## Efek akupunktur tanam benang Polydioxanone (PDO) terhadap kerutan nasolabial = Effects of Polydioxanone (PDO) thread embedding acupuncture on nasolabial folds

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### Abstrak

#### <b>ABSTRAK</b><br>

Kerutan nasolabial merupakan salah satu tanda penuaan wajah yang menonjol. Upaya mengurangi tanda penuaan wajah dengan metode invasif minimal belakangan semakin marak. Akupunktur tanam benang Polydioxanone (PDO) sering dipraktekkan untuk mengurangi kerutan, namun penelitian yang menilai efek obyektif akupunktur tanam benang terhadap perbaikan kerutan masih sedikit. Uji klinis open-label prospektif lengan tunggal dilakukan terhadap wanita usia 30-49 tahun, dengan Skala Glogau II-III. 13 subyek menerima 1 sesi akupunktur tanam benang dengan penjabaran sesuai Revised STandards for Reporting Interventions in Clinical Trials of Acupuncture (STRICTA). Penilaian utama yaitu perbedaan jarak kerutan nasolabial dilakukan 4 kali pada sebelum, tepat sesudah, 2 minggu dan 4 minggu sesudah tindakan. Penilaian sekunder adalah skor Modified Fitzpatrick Wrinkle Score (MFWS) dan skor kepuasan subyek. Tidak ada subyek yang dinyatakan gugur. Penilaian utama menunjukkan penurunan jarak rerata kerutan nasolabial kanan yang signifikan pada tepat sesudah ( $6.43 \pm 7.15$ ), 2 minggu ( $6.53 \pm 6.07$ ), dan 4 minggu ( $15.32 \pm 6.21$ ) dibandingkan dengan nilai awal ( $p < 0.05$ ), serta penurunan jarak rerata kerutan nasolabial kiri pada tepat sesudah ( $7.05 \pm 5.23$ ), 2 minggu ( $7.52 \pm 4.29$ ), dan 4 minggu ( $15.65 \pm 6.25$ ) dibandingkan dengan nilai awal ( $p < 0.05$ ). Didapatkan penurunan signifikan rerata skor MWFS pada 4 minggu dibandingkan nilai awal baik pada kerutan nasolabial kanan maupun kiri. Sebelas subyek (84.62%) merasa sangat puas dengan tindakan akupunktur tanam benang PDO, sementara 2 subyek lainnya merasa cukup puas. Efek samping yang ditemui berupa eritema, hematoma, edema, gatal, dan nyeri, bersifat sementara dan menghilang tanpa intervensi. Akupunktur tanam benang PDO terbukti mengurangi jarak kerutan nasolabial kiri dan kanan, dimana pengurangan jarak kerutan lebih besar setelah 2 Minggu.

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#### <b>ABSTRACT</b><br>

Nasolabial folds are one of the most prominent facial aging signs. There is a growing trend on minimally invasive procedures to correct facial aging signs. While Polydioxanone (PDO) thread embedding acupuncture are often practiced in wrinkle treatment, the clinical trials with objective measurements are scarce. A single arm, prospective, open-label clinical trial was done to women aged 30-49 years, with Glogau scale II-III. Thirteen participants each receive a single thread embedding acupuncture reported according the Revised STandards for Reporting Interventions in Clinical Trials of Acupuncture (STRICTA). The primary outcome, length of nasolabial fold, were observed 4 times; before, right after, 2 weeks, and 4 weeks after procedure. The secondary outcomes are Modified Fitzpatrick Wrinkle Score (MFWS) and patient satisfaction score. There was no dropout. Primary outcome analysis shows significant improvement in every mean difference of dextra nasolabial folds right after ( $6.43 \pm 7.15$ ), 2 weeks ( $6.53 \pm 6.07$ ), and 4 weeks ( $15.32 \pm 6.21$ ), as well on sinistra nasolabial folds right after ( $7.05 \pm 5.23$ ), 2 weeks ( $7.52 \pm 4.29$ ), and 4 weeks ( $15.65 \pm 6.25$ ) compared to baseline ( $p < 0.05$ ). Significant improvement in MWFS score was

also observed in 4 week for both right and left nasolabial folds compared to baseline. Eleven participants (84.62%) scored very satisfied, while the rest scored quite satisfied. Side effects found were erythema, bruising, edema, itchinness, and pain were all brief and self limiting. PDO thread emnbedding acupuncture are effective in reducing both right and left nasolabial length, with higher decrease 2 weeks after post treatment.