



Client-Friendly Guide: Polynucleotides vs PDRNs

What Are Polynucleotides?

Polynucleotides (often called **PNs**) are long chains of purified DNA fragments. They come from safe, sterilised sources (usually salmon or trout) and are used in aesthetics to **repair, hydrate, and regenerate** the skin.

Think of them as **deep skin healers** that:

- Improve skin quality
- Boost hydration
- Reduce inflammation
- Support collagen production
- Strengthen the skin barrier

They're ideal for clients wanting healthier, stronger, more youthful-looking skin.

What Are PDRNs?

PDRN stands for **Polydeoxyribonucleotide**.

It's a *type* of polynucleotide — but it's **shorter**, more specific, and works slightly differently.

PDRNs are known for:

- **Accelerating wound healing**
- **Reducing inflammation**
- **Improving skin recovery** after procedures
- **Stimulating cell turnover**

They're often used when the skin needs **repair**, such as after acne, scarring, or irritation.

The Key Difference (Explained Simply)

Feature	Polynucleotides (PNs)	PDRNs
What they are	Long DNA chains	Shorter DNA fragments

Feature	Polynucleotides (PNs)	PDRNs
Main focus	Regeneration + hydration + anti-ageing	Healing + repair + anti-inflammatory
Best for	Ageing, dullness, fine lines, elasticity	Redness, scarring, damaged or stressed skin
Depth of action	Broader, more comprehensive rejuvenation	Targeted healing and repair
Results	Firmer, plumper, more radiant skin	Calmer, healthier, more resilient skin

In simple terms:

- **PNs = overall skin rejuvenation and anti-ageing**
- **PDRNs = healing, calming, and repairing damaged skin**

Why Clients Love These Treatments

Both PNs and PDRNs are incredibly popular because they:

- Are biocompatible and very safe
- Work with the skin's natural biology
- Improve quality, texture, and hydration
- Deliver natural-looking results
- Have minimal downtime

They can be used with microneedling, mesotherapy, injections, or as part of combination therapies.

Which One Should a Client Choose?

A simple way to explain it during consultation:

- **If your skin feels tired, dull, or ageing → Polynucleotides**
- **If your skin is irritated, inflamed, or needs healing → PDRNs**

Many clinics use **both** depending on the client's skin condition and goals.