

# Newsweek

## 'I Would Not Try Salmon Sperm Injections Myself,' Says Dermatologist

By [Hatty Willmoth](#)

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**S**almon sperm facials have gained popularity as the latest skin-rejuvenating treatment loved by celebrities and beauty influencers alike—but dermatologists told *Newsweek* they wouldn't try the treatment themselves.

It involves injecting polynucleotides—stretchy molecules taken from fish DNA, usually from the sperm of salmon or trout—under the skin.

Dermatologist [Dr. Connie Yang](#), of [PFRANKMD by Dr. Paul Jarrod Frank](#), expressed similar views to *Newsweek*; that, while it may be a popular treatment in Asia, she was reluctant to try it without FDA approval, more regulation, and better safety data.

[Yang](#) said: "I'm a huge fan of regenerative medicine, but in its current state, I would not try salmon sperm injections myself—especially when we have alternative treatment options that are safe and FDA-approved to achieve similar results."

[Yang](#) added that the treatment required a series of multiple injections throughout the skin, which, she said, "can be quite traumatic."

"Those who have tried salmon sperm injections report glowing and hydrated skin, effects lasting anywhere from three to six months," added [Yang](#). However, without more safety data, she would not recommend it to her patients.