



## Acne & Acne Scar Treatments

Acne is one of the most common skin problems that people of all ages face. People with acne would always want them to be removed. While acne is commonly associated with teenagers struggling with the growing pains of adolescence, this skin condition can strike at any age. In fact, it can affect adults in their 20s, 30s, 40s and even in their 50s, especially in women and even in people who never had acne as teenagers. A person who has developed acne can have any of these blemishes listed below and it can appear anywhere on the back, chest, neck, shoulders, upper arms and buttocks.

- Blackheads
- Whiteheads
- Pimples
- Cysts
- Nodules

Acne forms when pores or hair follicles become clogged, usually with oil or dead skin. Acne commonly results from overproduction of the body's oil called sebum, inflammation of clogged pores by bacteria or the abnormal shedding of dead skin cells. Sometimes bacteria that live on our skin, *p. acnes*, also get inside the clogged pore. Inside the pore, the bacteria have a perfect environment for multiplying very quickly. With loads of bacteria inside, the pore becomes inflamed (red and swollen). If the inflammation goes deep into the skin, an acne cyst or nodule appears.

While, acne is not lift-threatening, however, if left untreated, people who get acne cysts and nodules often see scars when the acne clears. When you injure your skin, your body naturally repairs the damage and if your body makes a tissue that's

thicker than your skin, this results in a scar. As we age, unremoved acne scars often become more noticeable because our skin loses collagen.

## **Acne Scar Reduction Treatments**

### **1. Laser Resurfacing (CO2)**

Laser resurfacing such as Prive's CO2 laser works by stimulating our body's natural repair process to rebuild lost collagen in skin. The laser works by shining tiny beams of light on the face, heating up the dermis layer of the skin, this entire remodelling process will result in smoother, plumper and tighter skin which looks younger and less scarred. You may expect some downtime.

### **2. Fotona 4D Laser**

Fotona's 4D Laser precise laser light energy safely penetrates into skin to effectively target overactive sebaceous glands and to reduce the risk of developing new acne inflammation. It also helps in the improving the appearance of acne scars where the laser beam is absorbed by the top micro-layers of the skin to vaporize scarred tissue and stimulate the production of new collagen in the dermis.

### **3. Dermal Fillers**

Dermal fillers as the term implies, fill up and plump up depressed acne scars. When fillers are injected into scars to smoothen them, they help to restore volume to the face where collagen have degenerated with age. These are scars that leave behind deep pits on the skin, such as acne scars which may not respond well to ablative fractional laser treatment alone.

Regardless of the procedures you would like to undergo, it should be performed in a medical aesthetic clinic. It's essential for the person performing your laser treatment to know about you. Everyone is unique. To treat a scar effectively, the person performing your laser treatment must consider your skin type, characteristics of your scar, and your overall health. The doctor will be able to advise you on the best treatment options for your skin for the best outcome.