

## Acne Scar Treatment

Acne scars can cause skin irregularities that are difficult to hide with makeup alone, as the deep grooves and pits create shadows that are quickly picked up by the eye.

This is a difficult area to treat and is best done once the acne is **no longer active**. If you are experiencing acne, you may require medical skin treatment with a dermatologist to help control the inflammation. Acne treatment often requires a combination of daily topical care routine with close medical attention.

## Acne Scar Laser Treatment

The best laser treatment to address the appearance of acne scars will address surface texture. Acne can cause both destruction of collagen in the deeper layers of skin (“ice pick” scars, pits, craters), but can also overproduce collagen as thick, heaped, rolling scars.

Laser treatments can provide both ablative treatment that can produce a “sanding down” effect of prominent and bumpy areas and collagen remodeling in the deeper areas. Using our unique hybrid fractional CO2 laser, the delivery of energy is customized to treat surface irregularity using the light to mid-mode, while changing to the deep mode for collagen remodeling.

## Can Redness Be Treated With Laser?

The appearance of redness in the skin reflects the increased vascularity of the tissue. Smaller blood vessels can be treated with lasers or IPL at the same time to decrease the appearance of redness. Read more about redness reduction using our combination IPL and radiofrequency treatment.

## Who Can Have Acne Scar Treatment?

Your skin must be free of active acne, inflammatory lesions, recent tans, or infections. The treatment may change depending on your medical skin conditions. If you tend to develop thick scars or keloids with any injury, you may not be a good candidate for CO2 laser treatment.

## What to Expect

You will receive instructions to prepare for this which may include creams or prescriptions medication.

The laser procedure takes place in a private clinic procedure room and lasts approximately 30–45 minutes. The skin will be treated with local anesthesia injection to numb the sensation from the laser. Eye protection will be placed by the clinic staff. When the treatment is finished, an ointment will be used to keep the skin moist. You will receive a skin care package and instructions for after care.

There is slight soreness felt after the procedure but you are able to move and walk right away.

## Recovery

Recovery time is generally 5–7 days for CO2 laser treatment. There may be some redness or crusting at the treatment site which generally heals within the week and can be covered with makeup or a mineral foundation. You will want to relax indoors. It is important to protect the skin from direct sunlight during this time as the reaction to the UV light may cause pigment irregularity.

## How Many Treatments Are Needed?

For best effects, 3–4 treatments may be needed, spaced 4–6 weeks apart.

Schedule your personal consultation with Dr. Lee to talk about acne scar treatment.