

MULTIMODAL TREATMENT OF ACNE SCAR

DR GIANG THI THANH PHAM

DEPARTMENT OF COSMETIC DERMATOLOGY

HO CHI MINH CITY HOSPITAL OF DERMATO AND VENEREOLOGY VIETNAM

Abstract

Acne is a common skin condition that affects adolescents and young adults. Moderate or severe acne could lead to atrophic scar (90%) or hypertrophic scar (10%) and that have a negative impact on a patient's quality of life. The appearance of acne scars is worsened when patient getting older. There have been many treatments of acne scarring, including chemical peeling, dermabrasion, ablative or nonablative laser resurfacing, dermal fillers, and surgical techniques, but single treatment has less than ideal outcome. A multimodal approach is necessary to provide satisfactory results. Multimodal treatments are intended to optimize treatment by deliver different type of therapy. The type of acne therapy could divide into epidermis, upper dermis and dermis effect. Epidermis treatment include chemical peel, laser peel and dermabrasion. Chemical peel (TCA) is effective and economical, laser peel by Erbium Yag is also effective and less downtime. Fractional CO2 is the gold standard for atrophic scar treatment because of its collagen inducing affect. Unfortunately, Asian skin is likely to have Post inflammatory hyperpigmentation than Caucasian skin so using Fractional CO2 must be cautions. A new combination could increase the efficacy and reduce the side effect of Fractional is Timolol 0.5% topically and PRP topical or injection. For dermis treatment, Dermal fillers, are also an effective treatment. The ideal agent should restore volume and stimulate dermal collagen for a long-lasting effect. The subcision has improvement for acne scarring but scar depression recurrent. The excision has less recurrence, but it took time. Combination between Filler and subcision and excision has gain popularity with the modality : excision or subcision first than come dermal filler. Patient could have more than one type of acne scar so that single treatment is not adequate. In order to optimize the efficacy of acne scar treatment, multimodal therapy

combining between epidermal, upper dermal and dermal acne scar treatment should be considered.