

# Abstract

Abstract Title	Tips and Tricks for Successful Acne Scar Resurfacing using the Fractional CO2 Laser		
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Text	<p>The Fractional CO2 Laser (10,600nm) is one of the best tools for Acne scar resurfacing. This laser is a non-invasive treatment that uses a hand-held device to deliver a laser beam divided into thousands of microscopic treatment zones (micropores) targeting a fraction of the skin. (Chien-Yu Hsiao, et al).</p> <p>As doctors are often wary of possible side effects of laser treatment (ex. pigmentation, burns), its clinical use is not fully maximized.</p> <p>Acne is a very common condition in the Philippines and produces debilitating scars that often lead to insecurities or depression.</p> <p>Here at the Dr A's Centers, we treat 100+ patients per month for acne scar resurfacing. Our results show a 50 to 60% improvement in 4 sessions for mild to moderate cases when treatment is done every 4 to 6 weeks. Most of these patients have ice-pick and box scars.</p> <p>Here are some tips and tricks we advise for a successful CO2 Laser:</p> <ol style="list-style-type: none"> <li>1. Discontinue strong acids and peels 1 to 2 weeks prior to treatment.</li> <li>2. If patient has acne, a prescription of Isotretinoin low dose at 10mgs can be combined with CO2 lasers.</li> <li>3. During treatment, our energy settings for Type III to IV is 300 to 400 ms for the cheeks and 300 ms for sensitive areas like the upper lips. (Average is 10 to 15 mJ).</li> </ol> <p>For moderate to severe cases, we go as high as 500 ms or 18 mJ, with a depth level of 1 to 4.</p> <ol style="list-style-type: none"> <li>4. We use 33% Vitamin C serum, post CO2 laser. Hence, inflammation and erythema are less. (pubmed.ncbi.nlm.nih.gov)</li> <li>5. Less is more. Our patients use a medicated soap and toners with Clindamycin post-Laser and discontinue all other products (except Sunblock). We recommend patients wash their faces with cold water 4 to 6 hours after treatment, and to avoid strenuous exercise for 24 to 48 hours.</li> </ol>		

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|  | <p>6. Always take pictures, before and after treatment.<br/>Explain to patients what intensity level you are using and ask them about their experience with the last procedure.<br/>Make sure to document improvement of their skin while informing patient of progress, and always encourage them to be optimistic that their scars will improve.</p> <p>Conclusion: The Fractional CO2 Laser is one of the best tools for facial scar resurfacing as well as the body when properly used, complemented with the right products, and suitable pre and post procedure protocols are followed.</p> <p>References<br/>PUBMED, ncbi.nlm.nih.gov, Dr Goldman studies, etc...</p> |
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