

Authors

Dr. Howyda Mohamed Ebrahim, Dr.Amani nassar and Dr.Alia younes.

Presenting authors: Dr. Howyda Mohamed Ebrahim

Affiliations of each author:

Howyda Mohamed Ebrahim, Dermatology department, Faculty of Medicine,
Zagazig University, Zagazig,Egypt.

, Amani nassar, Dermatology department, Faculty of Medicine, Zagazig University,
Zagazig,Egypt.

Alia younes, Dermatology department, Faculty of Medicine, Zagazig University,
Zagazig,Egypt.

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Corresponding author: Howyda Ebrahim

Corresponding author's e-mail:howyda1968@gmail.com

Abstract Title: Filler Vs Threads in the treatment of Acne scars

Background

Acne scars are one of the most common cosmetic concerns causing psychosocial distress.

Objective

Evaluate the efficacy of subcision versus its combination with either cross-linked hyaluronic acid (HA) or **poly-L-lactic acid** (PLLA) threads in the treatment of atrophic post-acne scars.

Methods

Forty patients of both genders with atrophic acne scars were subjected to subcision one month apart for 3 sessions. After the last session of subcision, the patients were reclassified randomly into 2 equal groups each received either HA or threads in one side of the face leaving the other side that underwent subcision before as a control. Clinical assessment was carried out by the physicians and patients. Photographs and skin biopsies were obtained. Follow-up was 6 months.

Results

A significant clinical improvement was achieved in 67.3% of patients after subcision alone compared to 94,1%, 82,4% of subcision combined with HA or threads respectively. Patients satisfaction was higher in the combined groups compared to subcision alone ($P < 0.0001$). Side effects were tolerable and transient.

Conclusion

Subcision combined with HA or threads could offer a higher significant clinical improvement of acne scars than subcision alone.

Keywords: Cross linked hyaluronic acid, Threads, Atrophic Acne Scars