



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University

Preventing and Treating Acne Scars

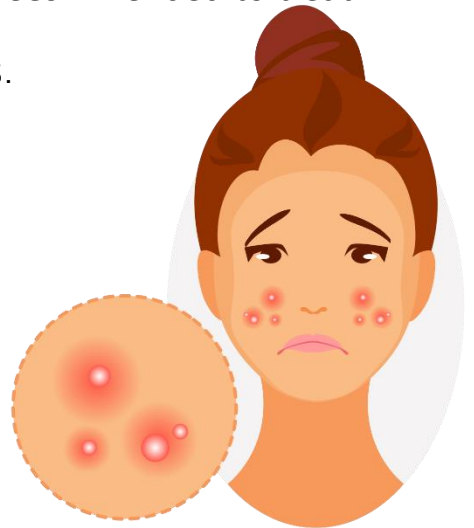


What are the ways to prevent acne scars and what are the ways to treat them?

When acne or a deep pimple heals, it can leave behind a scar. These scars, known as acne scars, do not always result from every acne flare up. Although acne scars may gradually fade, they rarely disappear entirely

How to prevent acne scars from developing?

- Early detection and treatment of acne can prevent acne scars. That's why it is recommended to treat acne early when it develops.



How to prevent acne scars from developing?

- In the beginning, acne tends to be mild and can be treated with over-the-counter medications to prevent new deep acne breakouts, which are more likely to cause scarring. Early treatment is especially important if the patient has a first degree relative who have had an acne scar because it puts him at greater risk.
- Never pick, scratch, pop, or squeeze breakouts, as this may increase inflammation in your skin, and the more inflamed the skin is, the more likely it is to develop an acne scar. It also increases the risk of infection and discoloration.



What are the risk factors for developing acne scars?

- Moderate to severe acne.
- First degree relative with acne scars.
- Pop, pick, squeeze, or scratch the acne lesions.

What is the difference between Scars and Post Inflammatory Hyperpigmentation?

1. **PIH:** dark spot of hyperpigmentation that develops following skin inflammation and fades away over time.
2. **Scar:** it never fades away and are classified into two types:
 - **Depressed (atrophic) acne scars:** it is caused by destruction and loss of collagen in the dermis and present as indentations in the skin.



What is the difference between Scars and Post Inflammatory Hyperpigmentation?

- **Raised acne scars:** when your body makes too much collagen as it tries to heal the skin and underlying tissue, you see a raised scar. These scars are more common in people who have darker skin tones.

What are the ways to treat scars and pigmentation after inflammation?

1. **Raised scars:** treated by Intralesional steroid injections that are performed monthly, or by laser.



What are the ways to treat scars and pigmentation after inflammation?

2. Depressed scars can be treated by many methods

- Laser treatment: (PDL)

It is a laser device that uses bright light that is absorbed by abnormal blood vessels. The laser uses heat to destroy these blood vessels without damaging the surrounding skin. This procedure may require at least three to four treatments, with one month intervals. It is indicated to improve erythema in scars.



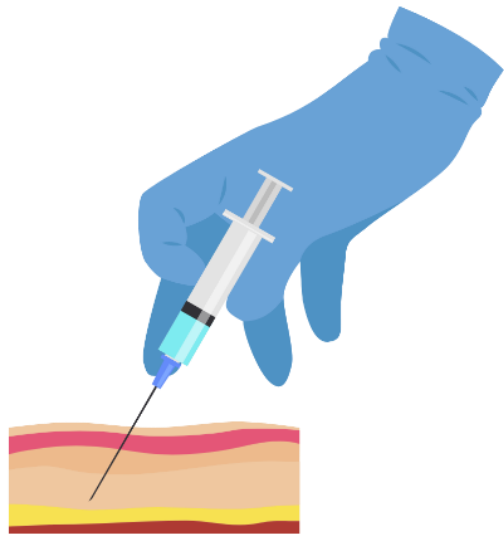
What are the ways to treat scars and pigmentation after inflammation?

- Resurfacing lasers: [Co2](#) and [Erbium yag](#) lasers

This procedure may require four to six sessions, with one-month intervals. It is indicated for all types of acne scars.

- [Subcision](#):

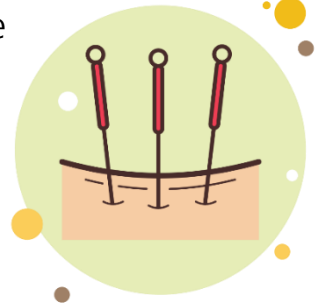
A needle is inserted under the acne scar and is manipulated to release the fibrous tissue that tethers the scar and contributes to the depressed appearance. Several treatments may be needed to achieve significant improvement.



What are the ways to treat scars and pigmentation after inflammation?

- **Subcision:**

This procedure is done for scars that are shaped like holes with round edges, while this technique is not effective on ice hole scars and square scars.



- **Microneedling:**

During this procedure, we puncture the skin with the acne scars using tiny needles. This results in the body producing new collagen and elastin.

Also called “collagen induction therapy” the new collagen helps diminish acne scars.



What are the ways to treat scars and pigmentation after inflammation?

Radiofrequency:

This procedure uses radiofrequency waves which results in the production of collagen and elastin. The more collagen and elastin, the less noticeable the acne scars became. The healing period is short (2-3 days), and the risk of post-inflammatory hyperpigmentation is low.

- **Injectable collagen bio-stimulators:**
 1. Poly L lactic acid
 2. Calcium hydroxyapatite



Sources and references:

All images used from [canva.com](https://www.canva.com)

Review and audit:

The content of this booklet has been reviewed by
Dermatology Department consultants at King Fahad

Department of Dermatology

Health Awareness Unit

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