Combination Treatment of Atrophic Acne Scars by Picosecond Laser and Filler Injection in Asian Patients  by Peng Hsien Li | P-Skin Professional Clinic

Acne is one of the most common skin diseases seen in dermatological practices all over the world. In non-Caucasian populations, acne scars and pigmentary sequelae can affect more than 50% of those who underwent the disease. There are several kinds of atrophic acne scars: rolling scars, boxcar scars, and ice pick scars. To successfully treat acne scars, physicians should not limit themselves to the use of a single device, but mix and match the available modalities for optimal synergistic results.

Fractional lasers first appeared about 15 years ago, and have since become the gold standard for acne scar treatment in non-Caucasian skin types. However, deeper atrophic acne scars - such as the ice pick or deep boxcar types, or scars with fibrotic bands in the deep dermis exceeding the approachable depth of many fractional lasers - require more penetrative approaches through precisely targeted fractional CO₂ lasers.

The 755nm picosecond laser is another useful modality - its focus lens can induce new collagen formation, is effective in Asian patients, and has a high safety profile and satisfaction rate even in darker skin types.

Stimulatory fillers can induce new collagen formation and improve skin texture and volume loss in atrophic areas. There are a few reports demonstrating the clinical efficacy of filler over atrophic acne scars, and the author has had similar clinical experiences. Filler injections are especially useful in volume loss due to superficial fatty layer destruction.

In this session, I will present the way to combine the two modalities described above in order to target different layers of the skin, for a comprehensive and synergistic result in the treatment of atrophic acne scars.