

Acne Scar Treatment Techniques

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Acne is one of the most common and bothersome skin conditions for adolescence. Although acne itself is not curable, even the most severe cases can be treated effectively. For these severe conditions, various types of acne scar treatment are available if warranted by the situation.

Recent estimates indicate that 85% of the population between the ages of 12 and 24 suffer from acne. The severity and amount of time a person has acne can vary from person to person, but for most of us, it will eventually go away by itself. It is true that even mild acne may affect normal social activities because of the undesirable changes to your appearance, but this is considered more of a nuisance than anything else.

Unfortunately, there are more severe forms of acne with greater consequences. In addition to being painful, severe cases of acne can cause serious scarring. Acne scars can occur in both mild acne or severe acne, but the chances of scarring increases as the acne severity increases. Luckily, you have the option of choosing between several acne scar treatment techniques available.

The purpose of acne scar treatment is to restore your skin to its original appearance. You will find, however, that restoration is not always 100%, but acne scar treatment works to make the scarring almost invisible. There are a variety of techniques available to remove acne scars and each one uses a different approach. It is recommended that you consult with a dermatologist to determine the best technique based on your type of acne and the severity of scarring present.

At this point, you may be asking yourself how acne scars occur. In general, acne scars, and other types of scars for that matter, result from tissue damage. After tissue is damaged, the body will begin healing itself and in the process discourages any chance of infection. Your body sends a special chemical called collagen to the affected area. Sometimes, the collagen is produced in excess and develops into an irregularly shaped fibrous mass resulting in an acne scar.

Other types of scars that may also occur include soft scars, depressed scars, "ice-pick" scars, atrophic macules, and many others. For the most part, these types of scars are caused by the loss of tissue from a particular area.

Injecting collagen under the surface of the scarred skin is one of the most popular acne scar treatment techniques being used. The purpose of this technique is to puff out or restore the skin, which makes the scar much less noticeable. Another acne scar treatment technique is called autologous fat transfer. This process uses the fat from one part of your body for injection into the affected area. This helps to fill in the scar, but since fat is eventually absorbed into the body, repeated applications may be needed.

Other effective acne scar treatments include laser or dermabrasion. Skin grafting and even surgery is a possibility, but these procedures are used only in the most extreme cases. Hopefully, you will not have to undergo any of these techniques to address your acne, but if scarring is present, with the help of your dermatologist you will be able to make an effective choice.