



ACNE, ROSACEA, AND RELATED DISORDERS (INCLUDING HIDRADENITIS SUPPURATIVA)

MINIMALLY INVASIVE TREATMENT OF ACNE SCARS USING A COMBINATION OF BLUNT CANNULA AND HYALURONIC ACID FILLERS

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Background: Acne scar is a disfiguring condition resulting from inflammatory acne vulgaris, a permanent skin change which require multiple invasive treatments. Most patients present simultaneously with different types of acne scars. Subcision is one of the most common procedure used to treat acne scars. The principle of acne scar subcision is to break the fibrotic attachments that tether the scar to the underlying subcutaneous tissue. Typically, a subcision would require the use of a Nokor needle with sharp, blade-like tip inserted adjacent to each scar with the bevel facing upwards parallel to the skin surface. This needle will then be moved side-to-side in a fan-like motion. This method is invasive and highly traumatic for the patient.

This case series report the success of a minimally invasive method using blunt tip cannula to break the subcutaneous fibrotic bands in combination with hyaluronic acid filler.

Observation: 20 patients (12 males and 8 females) presented with multiple depressed acne scars mainly on bilateral cheeks and forehead. All patients reported long period of acne vulgaris with history of manipulation of lesions. None of the patients have had any prior treatment for acne scars.

Dermatology examination on all patients showed depressed atrophic scars, some with erythematous base on bilateral cheeks and forehead consistent with icepick scar, box scars and rolling scars. None of the lesions were symptomatic.

Subcisions were done monthly using a blunt cannula inserted into the subdermal area. Rapid multidirectional movements were done to break the fibrotic attachments followed by injection of hyaluronic acid filler. After three sessions, all patients reported either very significant or significant improvement. There was very little pain and virtually no downtime.

Key message: This case series showed a minimally invasive method to treat acne scars using blunt cannula in combination with hyaluronic acid fillers.

