



AESTHETIC AND COSMETIC DERMATOLOGY (LASERS SEPARATE CATEGORY)

## COMBINATION TREATMENT OF ATROPHIC POST ACNE SCARS WITH SUBCISION AND MICRONEEDLING IN SKIN TYPE III-V.

*Shashank Bhargava<sup>(1)</sup> - Krishnendra Varma<sup>(1)</sup> - Ujjwal Kumar<sup>(1)</sup>*

*R.d. Gardi Medical College, Dermatology, Venereology And Leprosy, Ujjain, India<sup>(1)</sup>*

**Background:** Acne scars are most common sequelae of inflammatory process and affect almost 95% of the patients of Acne Vulgaris. Hypertrophic scars and keloids scars are resultant of excessive tissue formation while scars with loss or damage of tissue are atrophic which are further categorized into ice pick, rolling and boxcar scars.

**Objective:** To evaluate the efficacy of microneedling and subcision in management of atrophic acne scars.

**Materials and Methods:** A total of 45 patients of skin type III-V underwent 4 sessions of subcision and microneedling 4 weeks apart and were assessed for scar grading after 3 months of final session.

**Results:** Overall improvement was seen in 95.6% patients (improvement by at least 1 grade) with slight erythema, edema and pain for 1-2 days. The improvement correlated with the patient's assessment of improvement in scars. 17.8% patients felt 75-100% improvement in their acne scars while 24.4% patients were satisfied with an improvement of 50-74%. Majority of the patients (55.5%) assessed the improvement of 25-49% in their scars.

**Conclusions:** Rolling and boxcar scars show more improvement compared to ice-pick scars. This combination is well tolerated in Fitzpatrick skin types III, IV and V with no failure rates. There is a high level of patient satisfaction with minimal downtime.

