



AESTHETIC AND COSMETIC DERMATOLOGY (LASERS SEPARATE CATEGORY)

## **EFFICACY OF TREATMENT OF FACIAL ACNE SCARS WITH A NOVEL, FIRST OF ITS KIND, COMBINED APPROACH OF FRACTIONAL CARBON DIOXIDE LASER WITH SUBCISION AND FILLERS, IN INDIANS.**

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**BACKGROUND:** Post acne facial scarring is a challenge to treat, especially in pigmented skin. It requires a combined approach as single modality is not completely effective.

**OBJECTIVES:** To study the effectiveness of a novel, first of its kind, combined approach of Fractional Carbon Dioxide (FCO2) laser with Subcision and Fillers, in Indian patients with Acne Scars

**METHODS:** Hundred ethnic Indian patients with Grade 3 or 4 acne scars, as per Goodman and Baron Acne Grading Scale, were enrolled. Subcision followed by cross linked Hyaluronic Acid filler were performed initially, followed by FCO2 laser 15 days later. Five sessions of FCO2 were done at 6-week intervals. Standardised digital global photographs were obtained prior to treatment, before every laser and 2 months after the last laser session. Based on clinical assessment and photographs, improvement was graded by blinded investigators using the same Grading System. Patient self-assessment was recorded.

**RESULTS:** Out of 100 patients with grade 3 or 4 acne scars, 75.82% showed improvement by 2 grades and remaining showed improvement by 1 grade. Thus, results were superior to all published studies including those which used the combination of Subcision followed by Fractional CO2 laser, where 57%, 30% and 3% patients showed improvement by 2 grades, 1 grade and nil respectively. No significant adverse events were seen.

**CONCLUSION:** Subcision followed by Fillers, prior to the FCO2 Laser show much better improvement in treatment of post acne scarring.

