



AESTHETIC AND COSMETIC DERMATOLOGY (LASERS SEPARATE CATEGORY)

THE COMPARISON OF DENTIST DRILL WITH CHEMICAL RECONSTRUCTION OF SKIN SCARS (CROSS) TRICHLORACETIC ACID (TCA) ON ICEPICK ACNE SCARS

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Background : Acne scar is the most common complication of acne with high incidence rate. There are 3 types of acne scars ie. boxscar, icepick and rolling. Icepick scar is the most frequent in upto 60-70% cases. Dentist drill is small high speed drill used to remove decayed teeth in dental caries treatments. The drill can also be used to treat icepick acne scars. Chemical reconstructions of skin scars (CROSS) using Trichloroacetic Acid (TCA) is also an effective treatment for icepick scars.

Objective: To compare the effectiveness of dental drill with CROSS TCA for treating icepick scars.

Materials and Methods : The total of 10 patients aged 20-40 year old, Fitzpatrick skin type III-IV, with moderate to severe acne scars more than 3 months were included. Dentist drill was performed on the right cheek, while CROSS TCA was performed on the left cheek. Comparison of the effectiveness were based on clinical improvement by photograph, wound healing time, and patients comfort. The patients were evaluated on days 3, 7, 14 and 30.

Results: At the end of the study 6 patients showed excellent clinical improvement, while 4 others showed moderate improvement.

Conclusions: Both method were effective for icepick scars treatment. Dentist drill provided faster wound recovery (3 days) than CROSS did (7 days). However CROSS TCA is more practical because no special tools requirement, no anesthesia, and more comfortable for the patients.

