



DERMATOLOGICAL SURGERY

ACNE SCAR SURGERY PEARLS: A CONGREGATION OF INNOVATIVE DERMATOSURGICAL MANAGEMENT METHODS

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Introduction: Management of deep scars is the most difficult aspect of acne scar treatment protocol. Dermatosurgery has an important role to play in the management of such patients. Apart from right choice of the procedure, another major factor influencing the final treatment outcome is the correct technique. We present here an analysis of various innovative dermatosurgery procedures for deep acne scar management in terms of correct technique and treatment outcome.

Methods: Dermal Graft: Preferred technique for Rolling and Boxcar scars with significant central volume loss. Donor area can be retro auricular or back depending on the requirement of soft tissue. 70 – 80 % improvement is noted in the final appearance of the scar.

Platelet Rich Fibrin (PRF): Autologously derived PRF injected intra-lesionally in acne scars gives similar results as dermal grafts. Minimally invasive procedure. Multiple sittings may be required.

Scar Deshouldering: A skilled, yet simple, use of electro-surgery and dermabrader for improving depressed scars with sharp and steep edges.

Electrosurgery: Similar to CROSS Trichloroacetic Acid (TCA) for Ice- Pick scars. More accurate and controlled procedure with decreased rate of post procedure hyperpigmentation.

Subcision: Subcision for individual Boxcar and Rolling scars following predetermined steps gives 75-80 % improvement rate. Right choice of scar and correct technique of performing the procedure gives excellent treatment outcome.

Conclusion: Integration of these techniques in routine dermatosurgery can provide a more practical, and definitive approach to treatment of deep and difficult to treat acne scars. Correct technique is of utmost importance for giving best results. Few of the already known but sparingly performed procedures would help to increase the knowledge of new dermatologists in the field.

