



beat those blemishes

TREATMENT FOR ACNE AND SCARS

by Dr Patrina wong

Known as pimples to some and acne to others, most of us would have experienced it one time or another. One of the most common and stubborn skin problems, acne can affect us at any age. It is not a teens only predicament and adults are not spared.

Acne occurs when the oil produced by the sebaceous gland is trapped in the hair follicle. This is followed by bacterial colonisation of the follicle with ensuing inflammation. These painful, inflamed lesions do not only appear on the face but also on the rest of the body, more notably on the chest and back area.

Acne is closely associated with adolescence when hormonal changes are most pronounced, causing the enlargement and obstruction of sebaceous glands in the skin. Some fortunate ones brave through this episode with only bad memories but for others, acne continues to be a predicament way into adulthood. Besides being unsightly, acne can also lead to serious, permanent scarring.

Fortunately, current treatment options for acne can be effective, with little or no side effects. LinC's Acne and Scar Programme uses advanced medical technology so that severe and mild acne scars can be successfully treated.

Depending on the severity of the acne problem, LinC will recommend one or more of the following common acne scar treatments:

Laser Treatment

Only topical anesthesia is required as this is a relatively painless treatment. Depending on the type of acne scars, improvement using laser treatment can be dramatic. The improvement continues gradually even after the treatment stops.

Skin Polish

Skin polish treatment helps to remove the top most layer of skin by gently eliminating the skin using natural diamond chips while vacuuming away the dead skin. The gentle treatment can provide noticeable improvement to moderate acne scars.

Fruit Peel

Fruit peel uses a plant-based solution to peel off the outer layers of the skin. It is an effective treatment for shallow acne scars. After the treatment, one experiences smoother skin.

Soft Tissue Fillers

Injectable soft tissue fillers are good treatments for shallow and deep acne scars. These fillers can be injected into the area of the scar to smoothen the depressions. You can expect results immediately and visually.

Medicated Creams

Appropriate medicated creams may be selected to treat and control your acne problems. The common acne control treatment includes creams containing comedolytics such as high potency Vitamin C preparations, and oil control creams. Such creams aim to reduce oil secretion, clear blocked follicles and smoothen skin. This may or may not be accompanied by oral antibiotics.

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