

ACNE SCARRING

Don't live with it.

At Gateway Aesthetic, combined laser treatments provide an effective solution for patients with severe acne scarring.

BY DR. MARK TAYLOR, M.D.

Facial scarring and birthmarks can be personally devastating conditions. For me, they are also the most satisfying to treat, since both of these conditions can be greatly improved with new combined laser techniques perfected in the past year.

Acne scars are caused by an accumulation of oil and bacteria in the skin that elicits a strong inflammatory response from the body's immune system. This inflammatory process causes swelling, inflammation, and tissue damage. When the inflammatory process finally heals, one is often left with pockmarks, depressed areas of skin, ridges, valleys, and pits, all of which give the skin a markedly uneven appearance.

Unfortunately this process often occurs in the teenage years when the effects can leave one feeling extremely self-conscious. Many of the patients whom I have cared for over the years have never completely recovered from this personal devastation. As I go through the treatment process, I see a great sense of relief in each patient as the burden of unsightly scars is lifted and as the patient begins to regain confidence in his or her appearance.

In the past, acne scars have been treated with surgery, skin sanding (or dermabrasion), laser peels, nonablative fractional lasers (such as Fraxel Repair), soft tissue fillers (also called injectables or dermal fillers), chemical peeling agents, traumatic needling procedures, and a host of other treatments. These procedures have produced satisfactory results, but it was difficult in the best of cases to achieve more than 50 percent improvement for severe scars and skin depressions, pitted areas of scarring, and other blemishes. In addition, a great amount of downtime was often involved.

Today, we are able to combine some of these older techniques with new advances to provide more significant improvement. Recently we have combined tumescent anesthesia (which includes numbing the skin), subcision (a process of undermining and loosening adhesions beneath the scars using a micro dissector), TCA chemical peels, horizontal resurfacing to remove scar ridges, and ablative fractional laser treatments.

This combination approach has allowed us to achieve a much greater percentage of improvement



These acne scars were treated with ablative fractional laser resurfacing. In very little time, improvement was already evident.

in a single visit without any more downtime or risk. In most cases, the entire treatment for facial acne scarring can be completed in an average of one hour of treatment time, and with just one or two weeks of recovery time.

To achieve additional improvement, I usually recommend using injectable fillers one month after the combined laser treatment to fill in any small remaining depressed scars. Additional treatments with nonablative fractional lasers often allow us to achieve increased improvement in texture with no additional downtime. If necessary, the nonablative laser treatments can be performed during monthly visits over a few months following the combined laser procedure.

If you are one of the many people suffering from acne scarring and would like to receive a free consultation regarding these new options with the combined laser treatment, please call and schedule an appointment today. 📞❤️



Acne and mild scarring treated with tangential resurfacing, TCA, the Derma K laser, and the Affirm laser.



Dr. Mark Taylor, M.D., is a renowned cosmetic laser surgeon and board certified dermatologist. Since opening his practice in 1998, Dr. Taylor has pioneered many new laser techniques and has instructed thousands of doctors worldwide. Recently he developed the Cosmion Iontophoretic Mask, a groundbreaking new skin care system. Dr. Taylor is a dedicated husband and is the father of eight children.