

Removal of Post-Acne Scars and Spots by Dermabrasion and Chemical Peelings

Nino Nishnianidze

Total Charm Clinic, Georgia

Introduction: Acne is rather common problem of fatty gland inflammation caused by the pathological process, based on numerous factors; whereby different type rash develops on the skin, such as Comedone, Papule-Pustules, Nodules-Cysts. Any type of acne can leave scars (atrophic or hypertrophic) and spots on the skin, which are not easy to remove. There are many treatment methods (ultrasonic, microwave, IPL- methods, etc.) used to solve this problem, but it is hard to reach fully clearness. We use dermabrasion and chemical peeling methods for acne spots and scars with very good result.

Goal: To study the efficacy of minimal invasive methods - Microdermabrasion and Chemical Peeling for treatment of Post Acne Scars and Spots.

Material and Methods: We studied 47 acne patients. The patients were divided into 3 groups. Group 1 included 23 patients with post-acne scars (hypotrophic form), out of which 16 female and 7 male of 24 to 36 years of age. Scars were 1-8 years old. The group 2, was composed by 17 patients (15 female and 2 male) with relatively new, 4-12 months old, post-acne spots. The group 3 consisted of patients with-acne spots and minimal hypotrophic scars. There were 7 female patients of 19 to 28 years old.

In the first Group the superficial anesthesia with the ointment by 5% Lidocaine was done, the skin was cleaned by Chlorhexidine solution and each scar was treated by microcrystalline surface mounts, with sizes ranging from 75 microns (in case of old and rough edges, if any) up to 125-150-170-microns (compared to new-soft scars). The procedure was repeated 4-6 times with 10 day intervals. The procedure may be repeated 6-12 months later. The skin exfoliation was done by the device and blood circulation was improved and tissues were enriched by oxygen, the restructuring of the damaged part was done.

In the Group 2 the skin was treated with combined chemical acids (14% salicylic acid, 15% glycolic acid, 14% lactic acid, azelaic acid 2%, 8% citric acid.) The trichloroacetic acid 15-25-35 %, salicylic acid 30%, glycolic acid 50-70% may be used for evaluation of the spot condition. The procedure included 4 procedures with 12-14 day intervals. The procedure may be repeated 6-12 months later. The follow-up period included up to 3-14 months. Efficiency was based on long-term results.

In the group 3 the skin was treated by ultrasonic one procedure per week over all 8 procedures and microwave two procedures per week over all 8 procedures. After 3 months of treatment the results were insignificant.

Results: In each group skin condition changed dramatically, its structure improved, the skin color became pale pink, porosity of the skin reduced, the collagen-elastin synthesis, skin layer regeneration, restructuring occurred through improvement of blood circulation and exfoliation.

Conclusion: The obtained results showed that the procedures done by apparatus Microdermabrasion and Chemical peeling are very effective for further resolution of Post-Acne Scars and Spots.

Biography:

Dr. Nino Nishnianidze has worked as a medical faculty in Tbilisi State Medical University in Tbilisi, Georgia during 1996-2003. From 2003-2005 she done her Full internship course in Dermatology and in Cosmetology from Medical Clinic "Avitsena". During 2006-2007, she done her Pressing medical aid service complete course from Tbilisi, Georgia. From 2007-2011, she has done her Full internship (resident) course in Dermatology from Tbilisi, Georgia. At present Dr. Nino Nishnianidze is working as a Dermatocosmetologist at Total Charm Clinic in Tbilisi, Georgia.