

LIGHT TREATMENT FOR ACNE SCARS

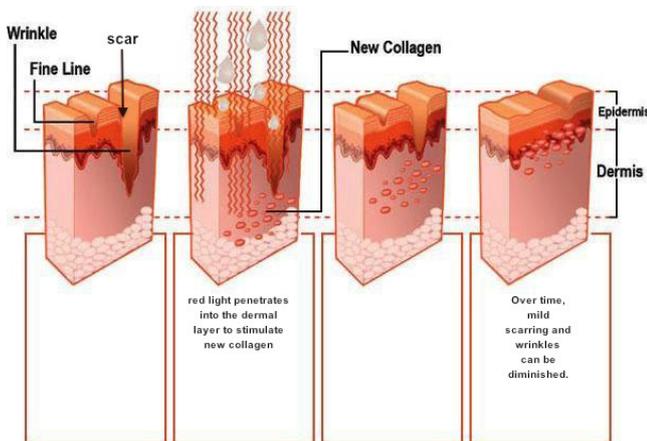
Mild cases of acne scarring can be improved with non-invasive laser treatments known as Low Level Laser therapy. This treatment involves the use of medically delivered LED light delivered to the acne scar areas every two weeks. Specialists combine low level laser with chemical peels to form the basis of our **Clear Skin Program**.



Facts on Acne light treatment for scars

- Acne light treatment is a form of low level laser therapy
- Low level laser therapy can improve mild cases of early acne scarring
- Cosmetic dermatologists combine a series of chemical peels with acne light treatments to form Westside Dermatology's Clear Skin Program
- Moderate to severe acne scars should be treated with other methods

How does light treatment for acne scars work?



Acne light treatment is a form of low level laser therapy which can help with early remodeling of acne scars. Low emission lasers do not generate heat nor break the skin's surface, but given the correct wavelength and energy, will stimulate cells in the mid layer of the skin to produce collagen. Production of collagen early in the course of scar repair can assist the body's natural repair mechanisms.

Acne light treatment is best conducted early in the course of acne scar remodeling, and is not suited for scars more than 4-5 months old.

How effective is light treatment for acne scarring?

This treatment is designed for early acne scarring (less than 4 months old), which is mild. Most patients will receive a noticeable improvement in skin texture and scars after 8 weeks. We recommend patients combine this treatment with glycolic peels every second week as part of the **Clear Skin Program**.

Old scars or scars that are moderate to severe in nature are best treated with a combination of laser resurfacing and TCA peels.

What scar types will respond to acne light treatments?

Not all acne scars are suitable for acne light/ low level laser treatments. Only early and mild scarring will respond to this therapy, and best results are seen in combination with a medically prescribed Vitamin A cream AND Glycolic acid peels. The combination of all three modalities forms the basis of Westside Dermatology's **Clear Skin Program**.

How do we perform low level laser treatments?

Low level laser treatment are performed at Westside Dermatology. A combination of AHA glycolic acid peels are alternated with low level lasers for a total of 8 weeks – called the Clear Skin Program. Treatments take less than 10 minutes to perform and are completely painless. Unlike fractional lasers, no heat is generated from low laser emission. The skin looks and feels normal after low level treatments. It often takes a few weeks before the positive effects are seen.

What are the side effects of light treatment for acne scars?

None! This treatment is completely painless- no heat is generated and the skin is not broken. Eye protection is ensured by application of eye shields before each treatment.

LIGHT TREATMENT FOR ACNE SCARS cont'd

Can acne light treatment be combined with other acne treatments?



Absolutely! In fact we combine Vitamin A creams and Glycolic acid peels with acne light to form Westside's Clear Skin program. Dermatologists find that combination treatments work best for mild acne scarring.

What is the cost of acne light treatment?

We recommend that acne light / low level laser treatment be combined with Glycolic acid peels as part of the Clear Skin Program. The cost of this 8 week program is \$490, which includes 8 treatments: 4 chemical peels and 4 acne light treatments.

Patients who select light treatment only are charged at \$60 per session, we recommend a series of at least 5 treatments spaced 1-2 weeks apart.

Does Medicare cover Acne Light treatments?

Medicare does not cover low level laser treatment for acne scars. Surgical and some cases of laser scar revision are partially covered by Medicare.

How will I know if I am suitable for low level laser treatment of my acne scars?

This treatment is an ideal starting point for patients who are completing their course of acne treatments or for those who exhibit early and mild acne scars.

Low level laser treatments may not be suitable for more severe cases of acne scarring or for old scars. Evaluation by a Cosmetic Dermatologist will guide patients as to who is most likely to benefit.

The **Brisbane Specialist Acne Clinic** is staffed by specialist Dermatologists and nurses - a referral from your G.P is advised.

Call Westside Dermatology on **07 3871 34 37** to find out more on referrals and specialist access.

SPECIALIST INSIGHTS ON

LOW LEVEL LASER TREATMENT FOR ACNE SCARS



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Low level laser treatment in the context of acne light therapy has been documented to help in the early stages of scar remodeling. Low emission lasers can stimulate collagen and provide a cascade of positive scar effects. Not everyone will benefit from this therapy, as new scars respond much better compared to old ones. This therapy has limited benefits for moderate to severe scarring, and should only be for treating early and mild cases.

Patients should be aware that non-medically prescribed light emitting sources do not have the power to deliver treatments into the dermal layers of the skin - the area where scars lie.