

ABLATIVE LASER RESURFACING FOR THE  
TREATMENT OF FACIAL ACNE SCARRING:  
A LITERATURE REVIEW

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## ABSTRACT

Acne Vulgaris is a common condition in adolescent and may extend into adult life for some. It has found to have a profound impact on the quality of life of many affected individuals. In some individuals (about 1%), the severe inflammatory response to *Propionibacterium acnes* results in permanent, disfiguring scars. Patients seeking correction of acne scarring are common in cosmetic dermatology practice. Various modes of treatment are available but optimal treatment depends on the extent and type of scarring. Treatment of these 'ugly' scars is taken over by laser treatment in comparison to dermabrasion and chemical peels, as they are far more effective. This article reviews the pathogenesis of acne, types of acne scarring, epidemiology of acne and acne scarring and the role of ablative laser resurfacing for acne scarring.

A preliminary search was done in MEDLINE, EMBASE, Pubmed for articles on laser resurfacing for facial acne scars. Search was done on clinical trials as it offers the highest level of evidence and a total of 11 papers were identified. Out of which seven clinical trials on fractional CO2 treatment of facial acne scarring and four are on Er: YAG laser.