

New Study Reveals FDA Approved Laser Acne Scar and Acne Treatment

Who suffers from Acne:

- An estimated 73 - 85% of people between the ages of 12 - 24
- 6 - 8% of those between the ages of 25 - 34
- 2 - 4% of people over 35 years of age

Treating and preventing acne can be a distressing and frustrating experience. Even after acne has been successfully treated, many patients are left with unsightly scarring from inflamed acne. These scars have a devastating psychological impact on both teenagers and adults.

A recent study conducted by Dr. David Goldberg, Board-Certified Dermatologist, Director of the Skin Laser & Surgery Specialists of New York & New Jersey, and Director of Skin Laser Research at NY's Mount Sinai School of Medicine, represents a radical new approach to acne scar treatment. Dr. Goldberg's research has demonstrated that acne scars can be improved without surgery and without recovery. In this interview, we talked with Dr. David Goldberg about this revolutionary finding and what it means for patients who are afflicted with acne scars.

Q: Dr. Goldberg, what does this study mean for those who suffer from acne scarring?

A: Until now acne sufferers have had no non-invasive, cosmetically elegant treatment option for residual scarring. Traditional methods of acne scar treatment have been surgical in nature. Commonly used techniques include skin grafting, skin excisions or dermabrasion. Although these approaches do lead to some type of improvement in acne scarring, they are noted by their 1-2 week post-surgical recovery time (dermabrasion), or the replacement of one scar with another scar (skin grafting or acne scar excision). My study indicates that the CoolTouch laser, a highly popular laser in the treatment of early aging skin, can also vastly improve acne scarring.

Q: How does this treatment work?

A: This new study was based on previously published research in the journal Dermatologic Surgery and the Journal of Cutaneous Laser Surgery. In those studies, I exhibited that the CoolTouch laser, could not only help to improve aging skin in an elegant and non-invasive manner but, more importantly, could lead to new collagen formation in treated patients. In the current study, because the laser produced new collagen at the depth of the treated acne scars, both treated patients and independent observers noted improvement in the depth and appearance of the treated scars.

Q: What does the procedure entail?

A: The skin is treated with the laser and the treatment is approximately 15 minutes in length. The procedure results in no perceptible wound. Because treatments do not involve any breakage in the lasered skin, there is little potential for complications. The procedure is not only non-invasive, but is safe and effective. In fact, based in part upon this study and its findings, the FDA approved the use of the CoolTouch laser for the treatment of both acne and acne scars in May of 2003.