

Q&A: Acne Problems & Scars

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Q1: I am a teenage girl with severe nodular acne. I have gone for many facials but they are not getting better, and got worse in fact. Please help.

Teens are more prone to pubertal acne due to the increased oil gland activity of your skin. Active acne facials involving massage and excessive stimulation may trigger an outbreak. Therefore you should avoid facials. A simple treatment involving oral antibiotics/ oral hormones/oral vitamin analogues with an essential calming chemical peel will be more effective for acne problems. Early intervention helps to prevent severe scarring which may be difficult to treat. ClearSK™ has a range of calming yet effective formulated treatments performed by our experienced doctors, professionally trained nurses and therapists.



Q2: I have been suffering from deep pits and depressed scars on my cheeks, thus having earned myself a nickname of 'Crater Face'. Is there still hope for me?

There are a few ways to treat this condition:

- The most effective treatment for your condition will be using the resurfacing treatment - SK™ peels - as it helps to remove scars that cause uneven skin appearance. SK™ peels combine diamond microdermabrasion, chemical peel plus cleansing and moisturising infusion, you should be able to see some improvements with about 6-10 sessions and there is no downtime.
- Laser peel which will require you to go for about 3-5 sessions but you will experience long downtime for 2-3 weeks.
- For moderate scars, you can go for non ablative lasers with SK™ peels which is very popular with ladies.
- Chemical peel is another resort. However this has to be done in moderation as it might cause redness and skin sensitivities.

Q3: Is there a suitable treatment for my acne outbreak if I am not keen on oral medication? I am married and in my 20s.

In your case, it will be considered as Adult Acne. This is usually linked to hormonal imbalance, and it occurs typically around the jaw line and neck areas. The new 3G IPL with 410nm wavelength can destroy bacteria without hurting the skin. 6-10 sessions recommended to be done on a weekly basis. Carbon laser peel is also a possible treatment but it will be more painful and suitable for very sensitive skin.



Q4: With acne problems and scars, what should I look out for in my make-up products?

Avoid oil-based and cream make-up and skincare. In ClearSK™, you will find a range of ClearSkin™ water-based skincare formulated specially for oily and combination skin, plus cosmetics range from the U.S. with high quality minerals and anti-oxidants. By using these products which are more suitable for the condition, you get to take care of your skin whilst looking good.

Q5: Do you have any advice for specific diets for people with acne problems?

Drink plenty of water. Eat lots of fruits and vegetables. These are proven advice as they contain healthy minerals and vitamins that nourish the skin, and water hydrate your skin. Steer clear from foods like oily/deep fried food and chocolates which may cause irritation to the skin.



Dr Shiao is a certified laser physician for 9 years and medical director of ClearSK™ Aesthetic Centres. She has performed thousands of IPL and Lasers on her patients.

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