

I thought my dermatologist could sand away my acne scars, but he said they were too deep and sanding would not “get rid of them.” What can I do ?

Unfortunately, many people believe any type of acne scars can be “removed”. They come into the dermatologist seeking to “get rid of” deep acne scars. Shallow acne scars and small superficial “ice pick” scars will respond to treatment and nearly clear, or at least improve a lot. For deep, large ice pick scars, “nothing works”, is a more accurate statement unfortunately. No reasonable affordable amount of surgery is going to make a significant difference in deep large ice pick scars. The best advice to everyone is don’t get them in the first place.

If someone is getting large deep acne scars, the process must be stopped as soon as possible. They must see a dermatologist who prescribes Accutane and find a way to stop the scarring acne. If someone can’t afford Accutane, there are programs that will get them Accutane. Many young people don’t think about the future and let their faces scar up with acne, for whatever reason. 100% of them regret it for the rest of their lives in lost confidence regarding their appearance.

We also warn women not to get pregnant with scarring acne going on. The acne may get worse during pregnancy and their faces scar up permanently because serious medication can’t be given. Women can safely become pregnant 3 months after Accutane therapy is completed and have no problems.

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