Micro-focused ultrasound for acne scars

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Introduction: In our practice we offer different treatments for acne scars, considering the type. Micro-focused ultrasound are considered nowadays as one of the energies with more aesthetic possibilities, but on the other side the treatment on acne scars is one of the benefits which is less investigated.
Objective: To evaluate the results of micro-focused ultrasound for the acne scars.
Materials and Methods: We report our experience on 23 patients with moderate-to-severe acne scars on the cheeks. The patients have been treated with a single micro-focused ultrasound session using the 1.5 mm transducer. The scars treated have to be distensible with tension applied to skin, mainly rolling or boxcar type, they have to show few to no icepick scars and no hypertrophic or keloid scars. Follow-up visits will occur after 90 and 180 days. After the treatment, patients can return promptly to their normal life.
Results: Results are determined by a photographic assessment after 180 days, compared to baseline with a Clinician Global Aesthetic Improvement Scale and Subject Global Aesthetic Improvement Scale evaluation.
Conclusions: although micro-focused ultrasound are not yet considered to be the best treatment for acne scars compared to lasers, micro-needling, fillers, chemical peels, subcision etc. the micro-focused ultrasound certainly don't have the contraindications of these and they are able to minimize any complications.