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Introduction of a novel therapeutic option for atrophic acne scars: saline injection therapy

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Introduction & Aim: Atrophic acne scars are extremely bothersome to patients and often challenging to treat. For their treatment, topical, physical, surgical, and light modalities, alone or in combination have been administered with variable results. Herein, for the first time we introduced saline injection therapy as a novel effective therapeutic option for atrophic acne scars.

Material & Methods: We administered 0.9% sodium chloride solution in this study. After local anesthesia with lidocaine, saline was injected intra- and sub-dermally in the regions of acne scars and skin pores so that it could be over-corrected the scars and widespread to the neighboring regions. The results were objectively and subjectively assessed by a visual score.

Results & Conclusions: Our study revealed that the response to saline therapy was significant in large pores and all types of atrophic acne scars. In comparison with severe acne scars, the patients with mild and moderate scars showed better responses. This study showed that saline injection therapy can be an effective therapeutic option for atrophic acne scars with no significant side effects.

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