

smell very nice because of the sulphur in it but that's the key ingredient and it seems to work – so I just deal with it.”

Other key ingredients in skin lightening creams include liquorice extract, kojic acid, and hydroquinone - all of which are effective in making the acne marks fade over time.

Avoid Sun Exposure

Your skin is more sensitive and vulnerable to sun exposure when you are using skin lightening creams – so avoid sun exposure if this is the case. If you must go out, use sunscreen after first applying the skin lightening cream.

Pockmark Fillers

Suitable for milder depressed acne scars, topical pockmark fillers are effective in removing the scars. These are available over the counter.

User Testimonial: “A Relief!”

Sarah, aged 25, had this to say about the pockmark filler she recently purchased at a pharmacy: “AcneFree Pockmark Filler has been giving me consistent improvement in the depth of my scars. They are really looking better, especially in the sun or bright light. If this product even temporarily improves the acne scars, then I am hooked for life!” She admits to also using Retin-A, night cream and moisturizer in conjunction with the pock mark filler, which may also be contributing to her improved condition. She says, “All I can say is try it. It is only \$15, cheaper than most of the treatments out there.”

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Mildest Peel: AHA

The mildest form of chemical peel for acne uses alpha-hydroxy acid and is commonly known as AHA. AHA is applied to the affected area of acne scarred skin for several minutes depending on how deep the layer that needs to be peeled off. Once this is done, there is no noticeable immediate effect. Repeat treatments are recommended every six weeks for best results. Most people experience only slight redness and discomfort which does not require much time to heal.

Stronger Peel: TCA

Chemical peel using AHA is only effective for mild acne scars. For severe acne scars, trichloroacetic acid or TCA is used. TCA penetrates deeper into the skin than AHA. This medium level peel takes more time, usually around 30 to 60 minutes. The stinging of the skin during the procedure may be very noticeable and is controlled by a stream of cold air. Some people may require pain killer pills, sedatives, or local anaesthetic cream on the skin to help endure the intense burning that occurs during the procedure.

After-Treatment Care

After-treatment care is very important. An experienced chemical peel dermatologist from Los Angeles advises, “It is very important to stay out of the sun after each treatment. If you have to go outside, apply a generous layer of sunscreen and plenty of moisturiser.”

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She also advises that it’s best to plan such treatment when you can afford to stay at home for at least 2 weeks. Any direct exposure to the sun after chemical peel treatment may worsen the skin condition.

With a mild peel such as this, only enough of the treatment is applied to the skin to the point the skin ‘frosts’. You want to avoid going too deep into additional layers as this may cause deep injury to the skin making the scars look even worse. Many patients who have