

What are the most reliable and valid methods for assessing the severity and improvement of atrophic scars in clinical and research settings?

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Atrophic scars are sunken areas on the skin, resulting in post-acne scars from severe acne. Treatments such as chemical peels and laser therapy help increase the skin's collagen production and smooth out scarred areas. Other methods, such as microneedling, laser therapy, and retinoids, reveal boosts in skin healing and reduce the appearance of scars. In this paper, I review research on current methods for treating scars, their effectiveness, and common side effects. I did an in-depth literature search on the University of Washington's Library Database. All research articles had to be published in peer-reviewed journals with an impact factor of 1.6 or higher. This research demonstrated the importance of personalized treatments for atrophic scars, including analyzing skin type and type of scars formed. Future directions for this study include focusing on the long-term efficacy of using combination therapy, which is significant for clinical practices and the field of dermatology. Integrated approaches were the most effective, assessing longevity based on how long treatments hold up over time, focusing on personal factors that contributed to each patient's outcome, and discovering innovative therapies to reduce side effects.