



# BOOK REVIEW

## Acne Scars: Classification and Treatment

Edited by Antonella Tosti, MD; Maria Pia De Padova, MD; Kenneth R. Beer, MD, PA  
©2010, Informa Healthcare, London, England. 144 pages.

### A review by Sonal Choudhary, MD; Keyvan Nouri, MD

Acne affects most of the teenagers in every population of the world. Its sequelae are scars, which can cause a great deal of psychosocial disturbance to patients and adversely affect their self-esteem. There are several modalities available to improve the appearance of acne scars and newer devices and methods are being developed constantly.

Although there are books available in the market that discuss the treatments of scars, some of which include entries or chapters on acne scars, the book edited by Drs. Antonella Tosti, Maria Pia De Padova, and Kenneth R. Beer is the first full-length book to focus on the classification and treatment of acne scars. The table of contents is comprehensive and has included every aspect of the treatment of acne scars, including both conventional and newer methods. The initial 2 chapters classify acne scars and discuss the mechanism of their development, which is a great way of educating readers about the pathophysiology of acne scars that will further aid their management. The more commonly occurring scars, hypertrophic scars and keloids, besides being a cosmetic blemish, can be a functional hindrance. The third chapter of the book explains the differences between these 2 types of scars.

The various approaches to treating acne scars are broken down into chapters, including topical therapy for acne scars; superficial peeling; medium-depth and deep peeling; dermabrasion for acne scars; fillers and fat transfer for treatment of acne scarring; needling; and surgical techniques, excision, grafting, punch techniques, and subcision. Each topic has been dedicated a chapter, which gives the reader a great deal of information and details on each type of treatment or procedure. The technique of dermabrasion, which was

revolutionary in the field of acne scar management, is described thoroughly yet practically. The popular lasers, both ablative and nonablative, that are being used widely in the treatment of acne scars each have been devoted individual chapters that describe all of the available lasers and their roles in the improvement of acne scars. Also, the chapter on the use of fractional devices for acne scars, which are the latest update in the laser technology, is a very important component of this book.

The editors of the book have done exhaustive work and have judiciously incorporated chapters on acne scars in patients of Asian and African descent, which makes the book a very carefully planned educational tool. The chapter on using corrective camouflaging cosmetics to cover acne scars and their effect on the quality of life for patients with acne is another well-thought-of inclusion, mainly because corrective camouflaging cosmetics provide an easy, quick, painless, and useful alternative or adjunct to medications, procedures, and surgeries that are available for the treatment of acne scars. This chapter is in the form of a study performed to discuss the use of corrective camouflaging cosmetics and their effect on quality of life outcomes in patients with acne scarring and/or postinflammatory hyperpigmentation. Last but not least, the final chapter is an extremely useful practical chapter that discusses the treatment algorithm for acne scars.

Reading this book is not only a source of education for practitioners, but the simple language and easy format is a pleasurable learning experience that endows the reader with a direction to follow when managing patients with acne scars. The book also may help practitioners develop management concepts well enough to create their own algorithms for use in their own practices. ■