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# **Is Laser Resurfacing Acne Scars A Good Option**



Sometimes, a treatment method such as [laser resurfacing acne scars](#) is necessary for those that truly want improved, healthier skin. In fact, instead of just being able to treat acne scars, laser treatments can also help with skin issues such as wrinkles. Of course, acne scars are one of the leading reasons for the frequency and popularity of laser resurfacing treatments. A large part of that is due to the fact that the word has spread and people are knowledgeable about the success of laser surgery for acne scars treatments.

### **Types of laser resurfacing for acne scars techniques**

Two of the more commonly used types of lasers are erbium and carbon dioxide lasers. Erbium lasers cause minimal side effects that help patients to have a much shorter recovery time than with other types of lasers, such as carbon dioxide lasers. In fact, many patients cite a recovery time of about a week. Erbium lasers are often recommended for those with darker skin tones, also.

Among the most popular laser types that are used for these procedures are carbon dioxide lasers and erbium lasers. Carbon dioxide lasers take advantage of “ultrapulsed” light that uses a scanning pattern that allows tiny layers of skin to be removed, all with little chance of heat damage.

Meanwhile, erbium lasers are better than carbon dioxide lasers for those with darker tones to their skin. Erbium laser treatments also give patients a shorter recovery time (which can sometimes be a week or less!), along with a very rare chance of side effects. Carbon dioxide lasers have an average recovery time of about a couple of weeks, though.

### **Get Professional Advice**

Another thing to take into account when moving forward towards using a laser for acne scars method is the advice of your dermatologist. Your doctor will take into account your skin type and your specific acne scars when recommending a treatment method, after all.

Therefore, it is at least worth considering getting an acne scar laser treatment for troublesome acne scars, especially if other alternatives have not worked well for you in the past. Many people have had success with laser resurfacing acne scars, and the solution is a long-term one in comparison to other remedies for acne scarring and [over the counter acne scar treatment](#) products that are supposed to heal scars. Although the cost can be high for such treatments, for many patients who have the determination to be done with the scars forever, it is certainly well worth the price.

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