

Reducing Nasty Scars Using Microdermabrasion

Microdermabrasion can help to minimise those nasty scars on the surface of the skin. Carry on reading to see how this can be achieved. Before the process can be explained it is important to understand the process underlying scar formation.

The process of scar formation:

Depending on the nature of the initial skin injury, skin healing usually begins with a local inflammatory response around the site of insult. This renders the injured portion of the skin quite painful and sensitive. During the process of inflammation, inflammatory cells are recruited from the body to localise at the site of the skin injury where they release many inflammatory mediators and cell signalling molecules which begin the process of skin repair. Some cells that are recruited to the site of injury lay down collagen (a connective tissue substance that aims to patch up the sites of skin tears/injury) to fortify and repair the damaged area of skin. In minor skin injuries, where the wound is superficial, the process of repair is quite efficient. But in moderate to major skin injuries, deposition of collagen is greatly uncontrolled which leads to the over deposition of collagen. This leads to a bigger scar which ultimately leads to a more thicker and visible scar.

How microdermabrasion scar reduction comes into play:

As you may already know, microdermabrasion aims to remove the stratum corneum (the dead outermost layer of skin) revealing a fresh vibrant layer of skin. The fresh layer of skin has a relatively good blood supply compared to the stratum corneum which consists mainly of dead epithelial skin cells. With the removal of the dead cell layer, the skin is given better definition with a resulting improvement in overall skin complexion.

Repeated treatments of microdermabrasion scar reduction (approximately performed every six weeks) can significantly reduce the appearance of those annoying scars in unwanted places. But there is one thing to bear in mind; microdermabrasion can only minimise the appearance of scar but not remove them permanently. The reason behind this is that some scars can penetrate down to the middle parts of the skin layers which microdermabrasion does not remove; as it can only remove the outermost layer of dead skin cells.

The plus points:

In general, microdermabrasion does not carry serious risks and is relatively safe. This procedure does not involve any form anaesthesia and can be done in a matter of thirty minute to an hour. Results can be seen in after two to three sessions. As well as obtaining scar reduction treatment, you will also be able to enjoy a vibrant skin complexion.

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About the Author

Asanka Samaranyake (BSc Hons Neuroscience) and Darren Patten (Bsc Hons Surgery & Anaesthesia) have a specialist interest in microdermabrasion and provide you with an indispensable resource at <http://micro-derm-abrasion.net>