

The Clifford Clinic Acne Scar Programme

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Local television personality Mark Lee's deep acne scars have seen improvements with the Clifford Clinic Acne Scar programme. PHOTO: CLIFFORD CLINIC

Local actor Mark Lee has been able to treat his decades-old deep scars with less recovery time, thanks to this dual microneedling method which boosts collagen production and helps control oil and acne outbreaks

IT USED to be that if you have bad acne in your teens, you would just be resigned to remaining scarred for life. But like television personality Mark Lee found out, there's now a remedy in the latest aesthetics technology.

The 48-year-old actor's pockmarked face has plagued him, especially in his prominent public career. While he's tried some laser treatments before, the downtime affected his filming schedule. Now though, the treatments are more effective and less invasive.

The [Clifford Clinic Acne Scar programme](#), for example, uses a two-pronged approach to energise skin cells to produce collagen to restore the depressions in the skin and accelerate skin recovery after treatment.

After a bad acne bout, scars can be left in the deep layer of the skin, known as the dermis. This scar is contracted or does not contain enough collagen fibres, leading to an irregularity or depression in the skin.

To address this, the programme uses a combination of the Infini Fractional Radiofrequency and Secret RF Microneedling treatments. The former uses insulated microneedles to deliver radiofrequency (RF) energy into the skin to treat acne scars, while the latter uses non-insulated microneedles to treat depressed acne scars and also control oil and acne outbreak at the same time.

By combining two types of microneedles under one programme, the Clifford Clinic Acne Scar programme helps improve skin quality and reduce scarring more effectively.

How the acne scar programme works

Infini Fractional Radiofrequency can treat acne scars up to 3.5mm deep and also helps to lift the skin. It works by heating the skin's dermis layer, which boosts collagen production to make the skin fuller and smoother.

The insulated microneedles are made to deliver RF energy precisely to the skin, focusing it through the tip of the needle. The depth of the needles and the amount of energy can be adjusted, so they target only the needed areas without harming the top layer of the skin. This helps reach the deeper parts of acne scars, making Infini Fractional Radiofrequency effective for treating deep scars.

Secret RF treats both active acne and acne scars at the same time. It uses ultra-fine, gold-plated needles to deliver RF energy precisely, without causing bleeding or bruising. This treatment is safe for all skin types, including darker skin tones.

Each session of [The Clifford Clinic Acne Scar programme](#) lasts less than an hour, with Infini and Secret RF microneedle treatments alternated every six to eight weeks.

A numbing cream is applied for 30 minutes before starting the treatment. Depending on the skin expert's advice, the treatment may be done on the whole face or just certain areas. After the treatment, you might experience some redness, but it usually fades within a day.

Doctors recommend undergoing two Infini and two Secret RF treatments, but you can begin with just one of each. You should start seeing results within two to three months.

The treatment works on acne scars whether they are one year old or 20 years old. Younger people usually heal faster and see results sooner because their skin produces collagen quicker. But if you're in your late 40s, like actor Mark Lee, you may expect smoother skin and a more youthful appearance.

Read more about the [Clifford Clinic Acne Scar Removal Treatment](#).