

Actor Mark Lee's ongoing journey to smoother, clearer skin

12 Mar 2021 12:04PM
(Updated: 26 Nov 2021 12:18PM)



Dr Gerard Ee, managing director of drgerardee.com, with actor Mark Lee. Photos: Clifford Aesthetics

The veteran actor and host shares how lightening his persistent acne scars has made him look younger.

Ever since Mark Lee's complexion improved after he underwent skincare treatments at [Clifford Aesthetics](#), some curious relatives and friends have asked if he has had cosmetic surgery.

The 52-year-old prolific host and actor, who has had acne scars since he was a teenager, turned to Clifford Aesthetics' [Acne Scar Treatment](#) programme to achieve clearer skin a few years ago and has been following up at the clinic for maintenance skin treatments.

Designed for both men and women suffering from acne scars or enlarged pores, the programme uses a combination of treatments to stimulate the body's natural cells to produce collagen fibres, which help pad out depressions on the skin caused by acne scarring.

WHY ACNE SCARRING OCCURS

Acne scars arise when an inflamed acne cyst ruptures in the deeper layer of the skin, destroying the surrounding skin tissue.

Dr Gerard Ee, managing director of [drgerardee.com](#), said that after acne subsides, it may leave behind a brown or red spot, blemish or mark. This is caused by the inflammation and tissue damage incurred during the formation of acne.

While skin often heals well in milder cases of acne, recurrent acne in the same spots can eventually cause shallow pits to form in the skin as collagen structures in the dermis become permanently damaged, he explained. These undulations in the skin resemble rolling hills, hence they are named rolling acne scars.

"To treat this type of acne scar, a fresh layer of collagen in the dermis needs to replace the old, damaged structures. This will help thicken and tighten the skin, fill or reduce skin imperfections and restore skin elasticity, thus smoothening the skin's surface," Dr Ee said.

According to him, the trickiest to manage are boxcar and ice-pick acne scars, which both cause pit or crater-like depressions in the skin. They are mostly formed when one has severe nodular and cystic acne. In this case, the dermal collagen structures are even more damaged than those of rolling scars.

Clifford Aesthetics' unique acne scar protocol has helped patients with boxcar, ice-pick and rolling acne scars.

Treating such scars requires inducing the replacement of damaged dermal collagen, and typical over-the-counter creams are not able to address the problem, said Dr Ee.

TREATING STUBBORN ACNE SCARS

Designed by the team of experts at Clifford Aesthetics, its latest [acne scar](#) treatment protocol involves using a combination of [Secret RF](#) (radiofrequency) and [Pico MLA](#) (Microlens Array Technology) treatments with the [Infini](#) and [Fractional CO2](#) laser treatments.

Besides evening out skin depressions caused by acne scarring, the experts said the treatments have other skin rejuvenation benefits, such as lifting effects and reducing the appearance of wrinkles.

According to Clifford Aesthetics, the Infini treatment uses microneedles to deliver fractional radio frequency up to 3.5mm below the skin's surface to stimulate the body's collagen and treat acne scars.

The Fractional CO2 laser treatment, which delivers precise laser beams to intensively treat targeted spots, is suitable for depressed acne scars that go up to 1.5mm deep, while Secret RF utilises controlled, fractional radiofrequency energy and minimally-invasive microneedles to fight acne and the first signs of ageing like discoloration.

The treatment prescribed may differ for each patient. For example, for patients with rolling acne scars, the Fractional CO2 laser may be used to induce the replacement of the old collagen layer to even out depressions in the skin, Dr Ee said.

"Alternatively, I also recommend both Infini and Fraxel Dual Laser. These work similarly by inducing the replacement of the damaged collagen layers but via different mechanisms," he said.

For those with boxcar and ice-pick scars, the Pico MLA laser treatment, which can deliver light energy at rapid speeds at ultra-short pulse durations, has the effect of creating microscopic cavitation bubbles or "micro-explosions" in the dermis, Dr Ee said. This allows for new collagen structures to form, decreases pore size and smoothen skin depressions.

Other laser treatments such as Q-switch and V-beam laser, as well as a combination of lightening agents, can be used to gradually lighten pigmented blemishes on the skin with zero downtime, he added. Long pulsed laser can also be used to treat open pores.

CLEARER SKIN, MINIMAL DISCOMFORT



To clear up his acne scars, Mark received the Infini and Fractional CO2 treatments at Clifford Aesthetics.

As part of his maintenance regimen, he also underwent the Secret RF treatment recently. Besides rebuilding affected areas damaged by acne scarring, the treatment aims to remodel collagen and elastic, which are essential for younger-looking skin.

During the procedure, some numbing cream was applied and the discomfort was "minimal", said Mark. He could see a difference three days after the treatment and noticed that his skin felt smoother when he washed his face. Mark shared that previously, he had to apply thick layers of foundation and powder to cover up his acne scars during filming, which in turn worsened his skin as he sometimes did not manage to fully remove the residual makeup at the end of the day.

For those experiencing persistent acne, Dr Ee advised seeking professional help early before active acne becomes acne scars.

Other strategies include not squeezing pimples and keeping the face clean by using a gentle cleanser. Pay attention to your diet, too, as a diet high in sugary and dairy products is known to cause acne breakouts, he said.

To avoid "maskne", Dr Ee cautioned against reusing face masks after more than one day. Disposable face masks should be discarded while reusable masks should be washed daily and dried completely between use.

Learn more about how the experts at [Clifford Aesthetics treat acne scarring](#).

Individual results may vary.

Source: TODAY