

Acne Marks vs Acne Scars: Why Singapore Doctors Say Most Patients Get It Wrong

New consultation patterns suggest many Singapore patients confuse pigmented marks with textured scarring — a mix-up that changes the entire treatment plan.

SINGAPORE, SINGAPORE, August 27, 2026 /EINPresswire.com/ -- New consultation patterns suggest many Singapore patients confuse pigmented marks with textured scarring — a mix-up that changes the entire treatment plan.

With the return of mask-free routines keeping skin concerns front of mind for many young Singaporeans, doctors at [ClearSK](#) say patients frequently use the terms "acne marks" and "acne scars" interchangeably, even though the two involve different underlying tissue changes.

ClearSK doctors say consultations for post-acne skin often begin with patients pointing to a single area and describing it simply as "scarring," without distinguishing between flat discolouration and textured, pitted damage. Doctors note these are assessed separately, since they involve different processes within the skin.

"A common misconception is that all post-acne marks are the same kind of damage. Discolouration and pitted scarring involve different tissue changes, so we assess them separately during consultation. Whether one treatment or more than one is appropriate depends on the individual's presentation and clinical assessment," said Dr Shiau Ee Leng, Co-Founder and Group Medical Director of ClearSK.

Acne can leave more than one type of visible change behind. Inflammation from a breakout can trigger excess pigment production nearby, leaving flat discolouration, while more severe or prolonged breakouts can damage deeper tissue, leaving pitted or textured scarring. These two outcomes have different origins, and a doctor may consider addressing both within the same care plan where clinically appropriate.

[Pico Laser](#) uses picosecond laser energy that is designed to target pigment particles in the skin, breaking them down so they may fade gradually over a course of sessions. Pico Laser works on visible pigmentation and does not address textural changes such as pitting.

[RF Microneedling](#) combines microneedling with radiofrequency energy delivered beneath the skin's surface, designed to stimulate collagen production in the treated area. This may support

firmer, more even-looking skin texture over a course of sessions. RF Microneedling works on skin structure and does not correct pigmentation.

Because discolouration and pitted scarring arise through different processes, addressing one concern does not necessarily address the other. Where both are identified during assessment, a doctor may discuss whether different treatment approaches should be considered within the same treatment plan.

At ClearSK, treatment plans combining Pico Laser and RF Microneedling are developed following a doctor-led consultation, with suitability for each treatment assessed separately based on individual presentation. As with any aesthetic treatment, outcomes and suitability vary from person to person, and specific results are not guaranteed.

About ClearSK

ClearSK is a doctor-led aesthetic clinic group that is 17+ years trusted in Singapore, offering personalised, doctor-designed treatments across multiple clinic locations islandwide. Across its clinic network, more than 200,000 treatments and procedures have been performed, supporting patients with a wide range of skin and aesthetic concerns. Doctors draw from more than 100 treatment selections across skin, face, body and hair growth to develop personalised treatment plans based on each individual's clinical presentation. This approach is applied consistently across ClearSK's multiple clinic locations in Singapore.

Note: This release is intended for general informational purposes and does not constitute medical advice. Individual treatment outcomes vary and should be discussed with a qualified doctor.

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