

Published based on [Acne Scar Reduction Can Improve Your Complexion](#)

Acne Scar Reduction Can Improve Your Complexion



The unsightly signs of acne can be reversed through [acne scar reduction](#) treatments. The scars are the result of the acne infection damaging your skin and there are a number of solutions and techniques that can be used to repair the damage and improve your complexion.

How to reduce acne scars

What is the best way to reduce acne scars? The best answer is that different cases respond to different treatments; so you must search for the best one for you. It is basically trial and error. Most of the creams sold over the counter are designed to remove the dead skin and promote the growth of new healthier skin. The chemicals and vitamins included in the creams can over time reduce acne scars and sometimes make them fade completely away. It can be a process that might take several months but it is pain free unlike some of the other treatments.

Some doctors will tell you the best way to [reduce acne scarring](#) is through face scrubbing. They will essentially sand your face, clearing away the dead skin to allow for new growth. This can be very painful and the irritation it produces may make your complexion look worse in the short term. It can also be very expensive. There are home dermabrasion kits that do the same thing but again they can irritate the face and it is tough to reach areas of the skin around the eyes, nose and mouth.

Laser surgery for reducing acne scars is another option. It is not nearly as painful as some of the other techniques and is probably the quickest way to reduce scarring. A cosmetic surgeon will use the laser to burn off the scarred skin cells. The advantage with the laser is that the doctor can target only the affected area of the skin and doesn't have to treat the whole face as some of the other treatments require.

The drawback with the laser is that it is surgery and there are potential side effects that come with it though they are very rare. The other drawback is that the procedure can be very expensive and you will probably need several sessions for [acne scar reduction](#).

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