

Published based on [Exploring The Different Avenues For Acne Scar Skin Care](#)

# **Exploring The Different Avenues For Acne Scar Skin Care**



People who suffer from acne and acne scarring will be interested in the proper [acne scar skin care](#) to ensure that they can still improve the quality of their skin. Acne is already a big cause of concern for a lot of people, and unsightly acne scarring can make those who suffer from it feel worse. But there are some ways to take care of your skin to prevent scarring.

One of the number one rule to remember is to stop picking at your acne! This can cause just as much scarring as the acne itself. Acne scars are experienced differently by each person, plus with the different skin types of people, this means that an acne scarring treatment should be addressed on a case by case basis. No single type of treatment is absolutely right for everyone, so prior consultation with a dermatologist is of paramount importance.

When looking to undergo a skin care acne scar treatment (we'll get to the different types in a bit), a patient is required to ensure that there is no more active acne on their skin. This means that acne break outs that they still get will have to be addressed first before we even talk about the scar treatment. Once that is cleared up, scarring should be treated early to ensure that size and visibility will be reduced later on.

#### — Highly Recommended —

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There are many forms of acne scarring treatments and acne scars products that can help people get rid of their scars.

- **Dermabrasion** is when the upper layers of skin are removed through sanding. Machines with quickly rotating diamond edged wheels are normally used for this process, and this usually requires anaesthetic.
- **Chemical peels** are best for light cases, where acids are applied to remove the top skin layer and regenerate a new layer of skin.
- **Laser resurfacing** uses lasers instead to achieve this effect. In subcision, the scar is detached from deeper tissues, and the resulting blood clot forms connective tissue under the scar which levels it with the surface.
- **Augmentation**, on the other hand, involves injecting material (usually collagen) under the scar to bring it to surface level. Sometimes, several of the treatments may have to be combined to get the best effects.

These different types of [acne scar skin care](#) methods can remove unsightly scarring and help boost confidence, but don't forget to consult with a dermatologist to find out which one is best for you.

#### Related Acne Scarring Treatments Articles

- [Acne Scar Creams](#)
- [Acne Scars Products](#)
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