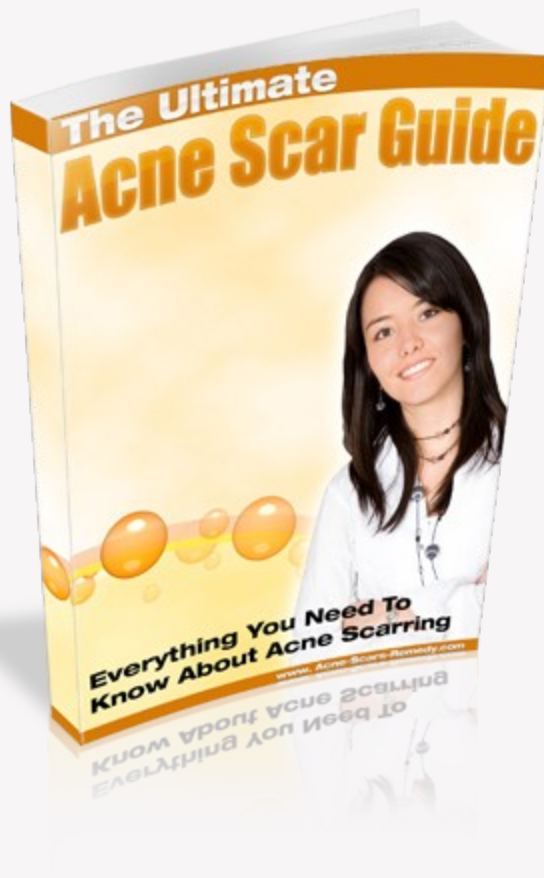


The Ultimate Acne Scar Guide

Everything You Need To Know About Acne Scarring



Brought To You By:

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Written by:

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The Ultimate Acne Scar Guide

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Acne Scars
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Melasma

The advertisement features a woman with blonde hair pointing upwards towards the product information. The product consists of a white jar labeled 'Renewing MicroDerabrasion Complex' and a white bottle labeled 'Skin Eraser', both with green accents and the ZENMED logo.

[Click Here To Visit ZENMED To Erase Your Acne Scars Today](#)

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Acne Scar Facts

Acne scars are the result of clogged pores. When your pores become clogged with dirt and oil, acne will form. As the acne appears and grows worse, it will often leave deep pocket like scars when it fades. These scars do not generally fade over time like other types of scars, and they can be hard to get rid of.

There are acne scar treatments however, that can heal acne scars and give you beautiful skin once again. Before you start looking for solutions to your acne scar problem, you really should take the time to learn more about this condition. Once you have learned the basics of acne scars, you can best understand how to treat them.

What are Acne Scars?

Acne scars are a result of the tissue of the skin being permanently damaged by acne. They are the results of the body's reaction to bacteria, dirt, and dead cells clogging the follicles or pores of the face. These are normally permanent marks that take dramatic action to remove.

These scars should not be confused with macules or "fake scars". Macules are the red or white spots left behind after a blemish, which can remain for up to 6 months, but will then fade. Unlike these macules, a true acne scar will not fade without the aid of acne scar treatment.

Similarly, pigmentation changes should not be confused for and treated as acne scars. This pigmentation change can occur after acne has healed; it leaves the skin lighter or darker than it originally was before the breakout. Pigmentation can last up to 18 months, but is not a scar and scar treatments will often not have any effect on it.

What Causes Acne Scars

The answer to this seems quite obvious. Of course acne scars are caused by acne, in which the follicles and pores of the face become clogged with dead skin cells, oil, dirt, and bacteria. Sometimes acne can be mild and sometimes severe, but even the slightest cases of acne can leave scars behind.

When tissues within the body have been damaged, your body will automatically rush to repair the damage. White blood cells and inflammatory molecules combine to repair the site as soon as possible, but once the work is done, they often leave behind an ugly scar in their wake. When these white blood cells and molecules remain at the site for weeks or even months, people who are prone to scarring will develop an acne scar.

Another cause of acne scarring, is the pinching or popping of the actual blemishes themselves. When you pop acne that is on your skin, you spread the infection around to other areas of your skin. This can damage the tissues found there, and a scar will appear.

How Are Acne Scars Different From Other Scars?

Since acne blemishes usually go deep into the skin, the scars that form as a result can be pitted and more prominent than scars caused by things such as a scrape. Acne scars are persistent, and do not fade easily with the use of antibiotic creams.

Acne scars are also different from other types of scars, because they appear primarily on a person's face. Aggressive acne scar solutions are needed to get rid of these unsightly scars, whose shape is generally in an ice pick shaped causing a pock marked appearance.

Factors That Increase the Likelihood of Acne Scars

Acne scars are an exact result of acne on the skin. Therefore, the risk factors for developing acne become the risk factors for developing acne scars.

The Ultimate Acne Scar Guide

Although not all people with acne will develop severe scarring, they will all develop at least some form of scarring as a result. However, acne scar treatments can help to minimize the damage caused by acne.

Common risk factors for acne scarring include:

- **Heredity** – Chances are that if you have a family history of acne and scarring, then you will have a higher likelihood of developing them yourself.
- **Hormone Levels** – Teenagers, those who are experiencing a menstrual period and pregnant women are all at a greater risk of developing acne scarring as a result of increased hormone levels.
- **Wearing Jewelry and Accessories** – Jewelry and accessories such as necklaces, headbands, and hats can all increase the likelihood of acne scarring as well, since they store dirt and bacteria near the pores of the face.
- **The Use of Cosmetics** – Cosmetics can trap dirt and oil inside the follicles of your face, which can increase the likelihood of acne and thus acne scarring.

There are many reasons that a person develops acne, but the more acne outbreaks that you have, the greater your chance of developing scarring as a result.

Preventative measures can be used to reduce the risk of developing these scars, but to some extent they are inevitable, happening to millions of people each year.

Type of Scars

There are two main Types of acne scars, those caused by an increase in tissue formation and those caused by a loss of tissue. Although these two types of scars are a result of the same thing, they are dramatically different and may even require different forms of treatment. Before seeking out an acne scar solution, it is important to understand which type of scarring you have.

Increased Tissue Formation Scars

Scars that are a result of excess tissue forming are called keloids. These form when there is an overproduction of collagen at the site of an acne blemish that is healing. The collagen will pile up until it eventually forms a hard smooth surfaced knob of a scar. Keloids are particularly unattractive, and are often the kind of scars that people are scrambling to get rid of.

Often, keloids will not form alone; normally you will see an entire row of them form in one location. These scars can be quite large, but sometimes will fade over the course of a few years. These types of scars can be harder to treat, as they actually protrude from the surface of the skin, but there are treatments available that can diminish and even eliminate their appearance.

Loss of Tissue Scars

The more common type of acne scars are those caused from a loss of tissue. These are the scars that are most commonly seen on the face of people who have experienced acne. They can come in a variety of shapes, but are almost always sunk into the skin forming a pit or dip at the skin's surface.

The various types of these scars include:

1. **Ice Pick** – These are often narrow scars that can be either deep or shallow and have a jagged edge like the mark of an ice pick.
2. **Depressed Fibrotic** – Often large and hard to the touch, these are deep and jagged scars. Some ice pick scars can turn into these over time as well.
3. **Soft Scars** – Normally circular and small, these scars are soft in nature, and have rolled edges that blend in with the healthy skin of the face.
4. **Atrophic Macules** – Smaller scars when they appear on the face, these are often wrinkled at the bottom and blue in color at first while fading to white later on.

5. **Follicular Macular Atrophy** – These occur mostly on the body and not on the face of a person. These are very small white scars that appear almost like whiteheads, and may continue for years.

There are many different kinds of scars that can form from acne. Each of them responds better to various treatments, but there are treatments that can help to get rid of even the most stubborn cases of scarring.

Can Scarring Get Worse Without Treatment?

For the most part, acne scars do not usually get worse by themselves. However, there are a few factors that could cause scars that have already formed to become worse overtime if treatment is not sought. For instance, if you continue to have acne breakouts during the time that your current scars are healing, they can infect the scars that are still healing, or form new ones on top of those. This only adds to the tissue that is damaged, and can make eliminating a scar even harder.

Since scars that are damaged a second time can be almost impossible to get rid of, it is important to seek out treatment as soon as you can. You should also avoid letting your skin get dirty, using excessive makeup, and popping any existing acne, as this can increase your risk of infection.

How to Prevent Scarring

The only absolute way of preventing or minimizing acne scarring, is to begin treating acne as it first begins. If you treat acne early on, you can minimize the damage it could cause. On the other hand, if you allow acne to get out of control, you will have a much greater chance of obtaining deep scars as the breakouts get worse. Other prevention methods include:

- Do not pop blemishes, as this can lead to scarring.
- Avoid doing anything that could irritate your skin further during a breakout, such as scrubbing your face while washing.
- Visit a doctor for other prevention methods if you know that you have a hereditary predisposition towards acne.

Acne Scar Skin Care

In order to promote healing of old scars and to help prevent the likelihood of new ones, it is best to develop a regular acne skin care treatment program. This can consist of keeping your skin clean twice per day with a medicated or natural cleanser. Either option can work well; the important thing is that you minimize the risk of infection while your current scars have time to heal.

As part of a healing skin care program, you can also add in other acne scar solutions such as acne healing creams. These creams are specially designed to repair the skin that has been scarred by acne, and can bring back the smooth skin surface that you once had.

How to Remove Acne Scarring

When it comes to removing acne scarring, there are a wide variety of methods that you can choose from. The option that works best for you can be different than the ones that work for someone else. There are surgical and medical procedures that must be performed by a doctor, have higher risks, and can be costly.

There are also more natural methods that utilize natural substances and healing creams to cure the scarring on your face. Although these natural methods are inexpensive and come with less risks, they also take longer to work, which is what makes some people opt for more drastic options. Some examples of common acne scar solutions that people use to remove acne scarring include:

Chemical Peels

A chemical peel uses a specially formulated mix of chemicals to take off the top layer of skin on the face. This is an effective method of treating lighter level acne scarring and restoring a balanced pigmentation to the face. The downside is that a chemical peel can cost between \$600 and \$900, and there is no guarantee that it will remove all of your scars.

Laser Surgery

Acne laser surgery uses a high intensity laser pointed at the affected area to remove the damaged tissues this also restores a normal color to the skin surrounding the scarred area. Laser surgery does come with its risks though, may not be 100% effective, and costs about \$1000 to \$4000 depending on how large of an area you want done.

Collagen Injections

These injections are placed into the affected areas of the skin, and cause the skin in these areas to plump up. This minimizes the dips and pock marks of the scars that it is inserted into. Collagen injections do have relatively high risks of side effects, and are quite costly, ranging in at \$300 - \$500 per syringe.

Dermabrasion

During the dermabrasion procedure, a rotating wire brush is used to remove the top layer of your skin. It also removes surface acne scars, and makes deeper acne scars less visible and noticeable. If you have mild or moderate scarring, you should probably try other, less drastic treatments first. But, if your scarring is severe, dermabrasion might be right for you. You should expect to pay between \$1,000 and 1,500 for dermabrasion.

Punch Techniques

This surgical option, done under local anesthesia, uses a punch tool to remove the scar. The skin is then stitched back together leaving a much less noticeable scar. Best used for deep acne scarring like “ice pick” scars. The average cost per treatment is around \$250 and up.

Subcision

This method uses a needle to break up the fibrous bands that cause some sunken acne scars. It raises the scars to the level of the rest of the skin. The Price varies but expect to pay over \$300.

Augmentation

Augmentation is when a substance is injected under an acne scar to help raise the crater-like scars that severe acne leaves. Collagen is often used for this and at times fat from other areas of the individual’s body. Collagen has only temporary results and the treatment would need to be repeated on a regular basis. Expect to pay between \$300 to \$600.

Types of Acne Treatment Creams

[Acne treatment creams](#) can be wonderful acne scar solutions for those who cannot afford the more expensive treatments, or who do not want to take a chance with the risks associated with those other methods. Acne creams are relatively inexpensive when compared to other treatments, and they can be applied from the comfort of your home. The different acne treatment creams include:

Alpha Hydroxy Acids

Creams that contain the Alpha Hydroxy Acids can be used at home to perform chemical peels. These creams can erase fine lines and provide you with smoother skin by erasing the top layer of dead skin on your face.

Retin –A

Retin-A is a form of vitamin A that increases the turnover rate of new skin cells, and promotes the excretion of material from clogged pores. It is also the only cream ingredient that has been endorsed and proven to remove wrinkles and scarring.

Microdermabrasion

Microdermabrasion is a procedure in which creams and lotions with sharp edged tiny crystal are applied to the skin and then used to slough off the dead skin cells in the top layer. This is an extremely effective treatment for acne scars, and is one of the most popular acne scare treatments there are.

When performed by a professional microdermabrasion can be pricey, but convenient [home kits](#) allow you to get the same results at half the cost.

The Bottom Line

Acne scarring is a problem for millions of people worldwide. Almost everyone will experience some type of acne scarring at some point in their lives. Now that you have taken the time to learn why acne scarring occurs, how it can be prevented, and what the various types of scars and treatments are, you can begin to look for acne scar solutions that will work best for you.

Surgical and other costly medical procedures can be quite effective, but come with high risks of side effects and can quickly break the bank. However, if you are willing to work towards more gradual scar healing results, then acne scar creams and microdermabrasion kits may be a better alternative for you. These types of acne scar solutions can provide you with the same results as more drastic methods over a slightly longer period of time.

Frequently Asked Questions About Acne Scars

Question: Can A Dermatologist Or Any Product Erase Acne Scars Permanently?

Answer: This question has been asked countless times by those who suffer from acne scarring. Everyone wants to know how they can erase acne scars permanently. So, is there really a finite solution to the acne scar problem?

The Complicated Answer

The truth is that there is nothing that a dermatologist or product can do that will guarantee that acne scars will disappear. There are many procedures and products available that can diminish and even erase the vast majority of scarring, but there is no guarantee that the scars will completely disappear and stay gone.

Your Best Bets

There are certain things that you can do to reduce and eliminate some of the acne scars that you have, but there is no guarantee that these things will erase acne scars permanently. You can begin treatment of scarring by testing out a safe over the counter cream. [Meladerm](#), for example has been shown to provide great results in a short amount of time, by diminishing the look of deep acne scars.

Microdermabrasion and home kits such as the [ZENMED](#) treatment kit can be a good alternative if scar creams alone aren't working. These exfoliating treatments help to remove old skin cells and bring out the new and beautiful skin underneath.

The Last Resort

For extreme acne scarring, there are also laser surgery options available. Laser surgery can help to remove the damaged levels of the skin leaving unscarred tissue on the surface, but these procedures are best left as a last resort.

There is nothing that a product or dermatologist can do to guarantee you that they can erase all of your acne scars permanently. There are many treatments which can effectively fade acne scarring, or get rid of certain damaged areas. However, no single method has been shown to reduce 100% of acne scars forever.

Question: What Is The Best Product To Fade Acne Scars?

Answer: The answer to this question can be different from person to person. It all depends on how long you want to wait for results, how much you are willing to spend, and whether you want to pursue a surgical or non surgical path.

Since there are so many products that work to fade acne scars, looking at all of the available information may be helpful in picking a certain product or procedure.

Low Cost Methods

If you're wondering what is the best product to fade acne scars and not break the bank, then consider natural treatments. Natural treatment creams can often be made from items already in your home, and they can be just as effective as prescription products. Tanning is another low cost method that can help to disguise and fade scars.

Quick Methods

The quickest way to fade acne scars, or to give the appearance that they are fading, is with makeup. Makeup can be used to smooth out your skin tone, or to fill in the pits and dings left behind by the acne. Concealer can even be used to cover up particularly bad marks, and the best part is that the results are instant.

Permanent Solutions

Laser surgery and microdermabrasion are two of the methods that provide more permanent solutions, and are some of the best products to fade acne scars. Laser surgery can be dangerous however, and is best left for those who have exhausted every other avenue.

Microdermabrasion is a nice alternative to extreme laser surgery, and with only a few weekly treatments, can remove dead skin layers to expose the fresh clear skin that lies underneath. There are even home kits, like the ones from [ZENMED](#) and [Meladerm](#), which allow you to treat yourself.

Question: What Is The Best Way To Cover Acne Scars?

Answer: Scars are never appealing, and acne scars are even less so. But there are steps that you can take to cover up your acne scars and get your confidence back starting today.

Make-Up

Make-up is always one of the first things that pop into peoples' minds when they are looking into how to cover up acne scars. This can be a good solution if you are currently free from acne, and simply suffer from old scars. However, if you are still suffering from this condition, then cakey make-up could actually make the situation worse.

Crack filling makeup that neutralizes and evens the color of your facial skin is the best way to go when you are trying to cover those unsightly blemishes. Try not to use flashy or bright colors on the cheeks, which could actually draw more attention to your problem areas.

The new mineral forms of powders work well to smooth out the lines, scars, and color of your skin while making you look natural and makeup free. There is no doubting however, that makeup is a great way to cover up your acne scars whether they are new or old.

Get a Tan

When you are learning how to cover up acne scars, you would be surprised at how well a little bit of sun on your face can get rid of them. A tan has been known to cover up cellulite, stretch marks, and varicose veins in the past, so why not acne scars as well? A few minutes in the sun several days a week can help to give you a bronzed look that will make your scars seem to disappear.

If you are not up to exposing yourself to the potentially harmful rays of the sun or a tanning bed, then why not consider a self tanning cream or a spray tan. A cream or lotion that is lightly tinted can be applied from the comfort of your home, but a full spray on tan must be done at a company or spa that provides tanning services.

Work to Fade Them

Although fading is not a way to learn how to cover up acne scars, it is an effective way to diminish their appearance over time. Topical creams whether prescribed or natural can help to diminish the effects that acne has had on your skin over an extended period of time. Since this is likely to take several months or even years, you may wish to use it in conjunction with one of the methods listed above. Once your scars have been faded however, it will become easier to cover them up, and it will become less of a process to deal with them day after day.

Question: How To Get Rid Of Acne Scars Without Surgery?

Answer: Many people want to know how to get rid of acne scars without the expense and risks of surgery.

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They do not want an invasive process that comes with high risk, but they want the results that are associated with it. So what can you do? There are a wide variety of non surgical treatments that can be used to get rid of acne scars over time.

One of the best options are prescription and natural acne scar creams. These creams are specially formulated to even out skin tone, heal existing damage, and reduce the appearance of scarring over time.

Prescription creams can often come with harmful side effects or reactions, so it may be best to seek out safe and natural over the counter options first. [Meladerm](#) creams offer an effective alternative to prescription creams, and have been shown to safely remove acne scarring over the course of several months.

Microdermabrasion and Skin Peels

Microdermabrasion is a more intensive method used to get rid of acne scars without surgery. This unique method uses rough edged tiny crystals to remove the dead layer of skin, and reveal the smooth and shiny new skin underneath.

Microdermabrasion treatments can be expensive, and you may need to receive several months of them before you notice a big improvement. There is now a microdermabrasion kit that can help you reduce the scarring caused by acne from the comfort of your home though. The [ZENMED Scar Treatment Kit](#) is an over the counter system that can save you hundreds of dollars by allowing you to perform your own treatments.

Skin Peels

While chemical peels are more expensive than creams, they can be more effective in a shorter amount of time. Chemical peels strip away the old damaged layer of the skin to reveal the new skin underneath. This is a wonderful option for those who suffer from light to moderate scarring that is not deep within various layers of the skin.

Recommended Resources

Acne Scar Removal Creams:

- 1) **Meladerm:** Remove discolorations and lighten skin. Medically proven formula – [Click here for more info](#)
- 2) **ZENMED Scar Treatment Kit:** Fade and lighten acne scars for smooth clear skin – [Click here for more info](#)
- 3) **Revitol Skin Brightener:** Get brighter, lighter healthier, more glowing skin starting today – [Click here for more information](#)
- 4) **SkinBright:** Lightens the appearance of acne scars in as little as one month – [Click here for more info](#)
- 5) **Perfect Skin Lightener:** Remove skin discolorations and lighten your skin in as little as two weeks – [Click here for more info](#)

Acne Treatments and Resources:

- 1) **Acnezine:** Is a revolutionary acne skin care system formulated to treat acne from the inside-out – [Click here for more info](#)
- 2) **DermaCleanse:** Three simple steps to keep your skin acne free – [Click here for more info](#)
- 3) **ClearPores:** Fights acne from all directions – [Click here for more info](#)
- 4) **All Natural Cure For Stopping Acne In 3 Days** – [Click here for more info](#)
- 5) **A proven treatment to cure the 'root Cause' of acne without the use of prescription medications or dangerous drugs** – [Click here for more info](#)
- 6) **Cure acne naturally and permanently using the only clinically proven and unique step by step holistic acne system** – [Click here for more info](#)