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Is Acne Scarring Holding You Back? Treat Acne Scars The Right Way By Avoiding These Common Mistakes



Acne scarring can have many effects on a person's life, from personal to professional to just how someone sees them self. While it is obvious that being self conscious about having acne marks can cause problems in some areas, such as socially or when trying to do things like get into the dating scene, there are also a lot of effects that are not so obvious, as well.

How Acne Scars Can Mess With Your Life

Consider a young person who has battled acne their whole life. They are able to finally rid themselves of acne, after already having dealt with years of being uncomfortable and shy, mostly due to not having confidence in their appearance. This person missed out on Homecoming dances, the Prom, and often also did not do as well in school as they could have, because they were reluctant to attract attention to themselves in the classroom.

Sure, the acne went away, but there was acne scarring left. So now, this person has moved on and tried to start a career, but they find that they are still so unhappy with their appearance that they never have the confidence to do the things that they want to do. They don't like to make eye contact sometimes, and even tend to avoid situations where they have to talk with those that they aren't already acquainted with. This type of social anxiety has cost the person innumerable opportunities, promotions, and chances to form new relationships.

While this person is entirely fictional, you can bet that there are thousands and maybe even millions of people just like them. The truth is that not feeling good about your appearance can cost you a lot more than just a date on Friday night, because if you aren't confident in your appearance, you can't put your best foot forward. Worse yet, there are many who do not even know how to properly treat acne scars, because of the misinformation or myths out there. Let's discuss how to treat acne scars, and most importantly, how not to treat acne scars the right way.

What Not to Do when Treating Acne Scars

Mistake #1: One of the big mistakes that people make when dealing with acne marks has to do with not understanding the type of acne scars that they are stricken with, and then dealing with that type of acne scarring in the proper way. For instance, many of the remedies or treatments that people will recommend to you may be right for some types of acne scars, but may not provide great results or improvements with other types of acne scarring.

- What kinds of acne scars do you have?
- Are they keloid scars, which are often raised above the skin, rather than sunken below the surface?
- Perhaps they are boxcar scars, which are sunken into the skin and usually round in shape, or even icepick scars, which are below the skin but very narrow, resembling a sunken pore of sorts.

The difference between these is a big deal when it comes to treatment and what will work best.

Mistake #2: Also, there are certain things you should avoid when treating acne scars. You may want to stay away from skin products that use a lot of oily substances, because the last thing that you want to do when treating acne scars is to create a situation that encourages more acne to come back!

Mistake #3: Another key mistake that people make is to overdo it on the dosage recommended, by using over the counter products several more times per day than they are supposed to, which can actually create skin problems. Using a lot of skin products more than you are recommended to do so can make you more sensitive to sun damage, for instance.

So, What Will Help Remove Acne Scars?

The best type of treatment for acne scars usually involves some kind of dermatological procedure or surgery. For instance, there are chemical peels that can help to refresh your skin by essentially removing a layer of skin to reveal a fresh, healthy layer below. There are also collagen injections which can work well with “filling in” damaged areas filled with sunken scars of various types. ([Click Here To Reduce Acne Scars And Hyperpigmentation. Order today for a BONUS moisturizer.](#))

1) Laser treatments are all the rage these days, and they do have their advantages. For instance, because of the wide variety of lasers used in these treatments (all with different strength levels), a skilled dermatologist can target multiple layers of skin to effectively suit the treatment type to the specific scars that are present. There are cons involved, however, because laser treatments may require several visits to provide the expected results. Also, laser treatments may not always work best on some types of acne scars (more on that later).

2) Then, there are types of treatments such as punch excisions, which are specifically for deeper types of acne scars, such as icepick scars. Punch excisions are not quite as scary as they sound, as they basically involve removing the deeply set damaged skin tissue down below. Often, skin grafting is used to then “fill in” the area that the scars were in, so that the skin will be nice and smooth afterwards. Sometimes, laser treatments are also used to follow up on punch excisions, for a finishing touch and a more natural overall look.

Should You Trust Acne Scar Removal Products?

There’s a lot of skepticism about acne scars products that claim to remove or minimize acne scars, and that is to be expected. It is hard to trust products that seem to be a bit expensive and which claim to perform miracles for your skin. However, there are always some quality acne scar remover products to be found if you look hard enough.

For instance, Zenmed’s products, including their [scar treatment kit](#), are very good. Most of their acne scar treatment products also help with hyperpigmentation, which can be great for reducing the darkness that comes along with many types of acne scars. Retin A also is a very reputable name in both acne and acne scars treatment products. They usually work best on more shallow set scars, but the results are generally worth the money, to be sure.

The important thing is to find an acne scar product that is geared to work for your skin type and for the type of scars you have. Price and quality level are always important considerations, so you should do some research and see what kind of product reviews you can find on the internet, as well. Still, only by giving some of the top products out there a shot will you really be able to gauge their effectiveness correctly.



Remember, Different Scars Require Different

Treatments!

As was alluded to earlier, one of the big mistakes that people make when trying to treat their acne scars is that they do not use the proper method for the type of acne scars that they have! While most acne can be treated in just about the same way, acne scars do not work that way.

For instance, if you try a chemical peel and you are hoping for significant improvement in regards to deep set icepick acne scars, you are bound to be disappointed. This is because something such as a chemical peel is designed to treat the outermost layer of skin, and will not reach to the depths that are required for a real difference concerning an icepick scar that is deeply set within the skin. At the same time, a chemical peel can be great for surface level scars, such as keloid scars.

Some types of acne scarring treatments, such as laser treatments, can be adapted for different types of scars, although they still won't be a huge help when it comes to those deeply set scars. Since you will need to speak with an experienced dermatologist anyway for best results, you will then be able to tailor the laser treatments for your specific situation.

Most other treatments for acne scars can be similarly tailored to suit your particular needs, though severe methods such as punch excisions are never used for superficial, surface level scars.

Similarly, when you research acne scar treatment products for home use, try to see what types of scars they are supposed to be most effective with. As a rule, most products will do more good for more superficial types of scars, but still, it is worth checking!

Don't Give Up on Losing Those Acne Marks!

It is vital that you arm yourself with a positive outlook when starting to try different [treatments for acne scars](#). After all, you may be trying a number of different things, including even home remedies, and not all of them will necessarily work wonderfully right away.

Even if you go with a high level treatment method, the results are generally not instant, and may require some time and a little patience. Still, if you stay positive and remind yourself of how good you will look and feel when you have reached your goals, you will have the resolve to stick to your treatment plans!

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