

Published based on [Getting the Right Treating Acne Scars Options for Your Type of Scars](#)

# **Getting the Right Treating Acne Scars Options for Your Type of Scars**

For adolescents distressed about the appearance of acne and later, acne scars on their faces, these scourges of youthful looks are all the same. However, not all acne scars are alike; there are differences in the way each type is formed. Understanding how acne starts and how they develop into scars is important because [treating acne scars](#) will depend on the type of acne scars you have.

Getting the right treatment for acne scars is indispensable if you want to actually get rid of them. You must realize however, that the best you can hope for is to lessen the scarring effect and not complete removal of the scars.

The first step to getting the right treatment is to recognize the type of acne scars you have. If after an acne breakout, your skin looks like it has been pierced by an ice pick or similar instrument, then you have “ice pick” scars. These are deep scars that may reach down to the dermis. The best treatment for this type of scar is punch grafting or punch excision.

Another type of acne scars is the so called “boxcar scars” which are wider than the previous ones. They appear as oval or round skin depressions with steep sides.

These scars are similar in looks with chicken pox scars. Boxcar scars can be treated with a combination of dermal fillers, laser resurfacing and punch elevation. “Rolling scars” look like undulating waves on your skin. They develop when fibrous tissue bands are formed between skin layers, and are best treated with subcutaneous incision or subcision.

“Keloid scars” also known as hypertrophic scars appear as raised mass of firm tissue. They are usually formed by excessive collagen production. The best [treating acne scars](#) technique for this kind of acne scar tissue so far is by application of steroid creams or injections directly into the scar. The general effect of this treatment is shrinking and flattening of the scar.

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