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Treatment of Acne Scars Techniques That You Can Try

Those who have gone through acne breakouts and suffered acne scars as a consequence would know the anguish and embarrassment caused by uncontrolled and untreated acne. Acne can be stubborn and sometimes will not completely clear up on their own, and worse may leave ugly scars that lasts a lifetime. Fortunately for today's youth, [treatment of acne scars](#) is readily available and there are treatments that have been proven to be effective in at least lessening the effects of acne scarring if not completely removing them.

Many people have gotten good results from such treatments as recommended by their dermatologist. Several acne scar treatments have been developed and each one is designed to treat a particular kind of acne scar. They can also be combined to treat deep scars that won't respond to just one treatment. The best treatment option for you will depend largely on the level of severity of your acne scars, and in part on how much you are willing spend for the procedure. Your case may be mild or severe scarring which will necessitate a corresponding treatment method.

Mild scarring can be treated with a chemical peel or [microdermabrasion](#) technique. These treatments cost less and they are not complicated enough to be done right inside the doctor's office. Severe scarring needs serious treatment such as laser resurfacing which needs anesthetic application on the part to be treated. This procedure removes the injured top layer of your skin and at the same time tightens the middle skin layer, resulting to a smoother skin. You can expect your skin to heal in three to ten days.

Another popular treatment for severe scarring is fractional laser therapy which goes deeper into the skin layer. It works better too because it doesn't cause any wound to the top tissue layer resulting in faster healing time. The only thing you will notice is you may look like you got sunburn for at least two days. The [treatment of acne scars](#) method that you choose will of course depend on such factors as your budget and how fast you want to see results.

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