

SkinBase[™]
THE FACIAL

The Ultimate Guide to
Acne & Acne Scarring



The Ultimate Guide to Acne & Acne Scarring

Contents:

Why do we get acne?

Different types of acne

Will acne scars ever fully disappear?

Top tips to prevent acne

Top treatments to get rid of acne scarring

Common mistakes people make when they have acne

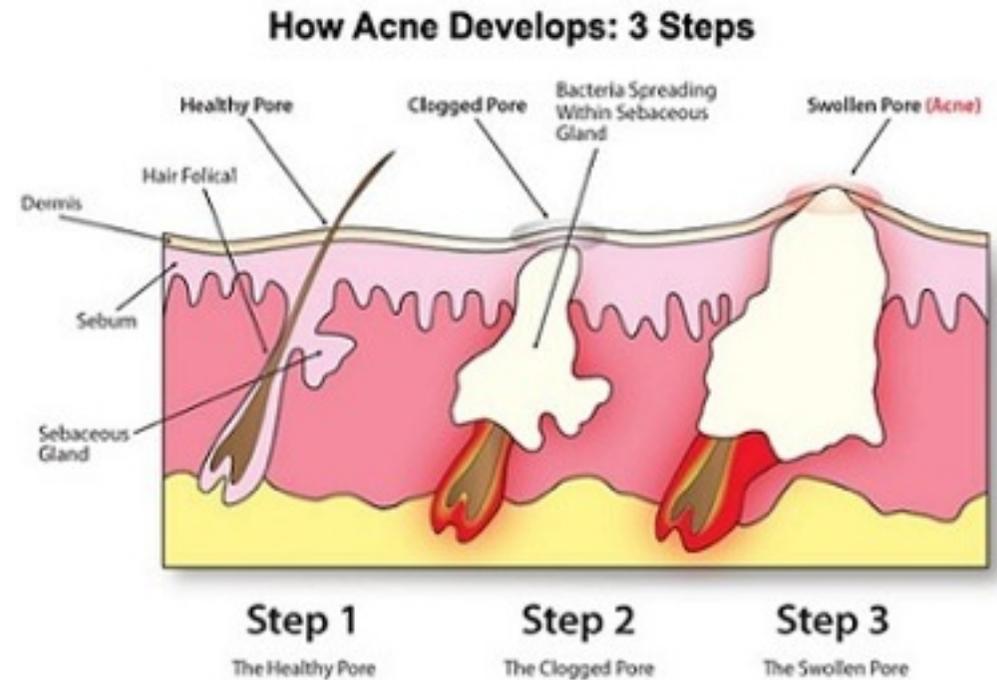
Further reading



Why do we get acne?

Acne lesions or pimples happen when the hair follicles or 'pores' on the skin become plugged with oil and dead skin cells. A plugged follicle is the perfect place for bacteria to grow and create the red bumps and pus-filled red bumps known as pimples.

Scarring caused by acne looks very different from any other scars - it's the deficit of collagen in the specific region that gives rise to acne scarring. After the acne has subsided, the affected skin region needs collagen to heal and if the skin underlying the subsided acne doesn't have it, then it tends to get scarred during the healing process thereby giving rise to an ice pick scar.



Mild Acne



Moderate Acne



Severe Acne



Different types of acne:

Mild acne - this refers to the whiteheads or blackheads that most of us get at various times in our lives. It is annoying, but not debilitating.

Moderate acne - this type of acne includes red inflamed pimples called papules and red pimples with white centres called pustules.

Severe acne - this severe acne causes nodules — painful, pus-filled cysts or lumps to appear under the skin.

Most serious acne scarring is caused by the more severe forms of acne, with nodules more likely to leave permanent scars than other types of acne.

Will acne scars ever fully disappear?

One of the first questions most people ask when seeking treatment for acne scars is if the scars will ever fully disappear. The answer is the same for acne scars as it is for every other scar you have: No scar ever fully disappears. This is because scars form when your skin is damaged in the dermal level, the layer of skin where new skin cells originate. As your body heals the wound, it creates new collagen fibres, and this repair of damaged tissue results in a scar.

Now that you've heard the bad news, it's time for the good news. You may not be able to make those scars disappear completely, but there are things you can do to reduce the size, colour and appearance of your scars. Today, some acne scar treatments can reduce and lighten the appearance of scars to the point they're almost undetectable.



Top Tips to Prevent Acne

EAT MORE ANTI-INFLAMMATORY FOODS

Eat a diet full of anti-inflammatory foods. Avoiding foods that irritate your skin will help keep scarring to a minimum and will help your body start to heal your skin from the inside out as soon as a breakout begins. A few types of foods include honey, wild salmon, shiitake mushrooms, olive oil, sweet potatoes, green tea, and blueberries. This is just a small part of the list that can help you heal from the inside of your body, out.

EXERCISE DAILY

Exercise a minimum of 4 days a week. This may sound odd but it really helps to promote a good balance between the body and the skin, which will aid in faster healing, and lower the occurrence of breakouts in the first place.

GET SOME FRESH AIR

Get some time in the fresh air and a little bit of sun... with high factor sunscreen of course! If you are in the middle of a bad breakout, it is best to sit outside in the shade with some sunscreen on and avoid the sun entirely, but if it is just starting to fade or already fading, then getting a little bit of sun will help your skin. The vitamin D that you get from the sun will help you heal more quickly and feel better, leaving little to no marks behind!

STOP TOUCHING YOUR FACE

Avoiding excessive damaging touching of your skin. Touching your face: it's unavoidable to most. You just get that itch on your cheek or you rest your head on your hands now and then, but touching your face is not good for healing. This means no picking or popping pimples or scabs either!

PAMPER YOUR SKIN

Use gentle products daily and ensure you have regular microdermabrasion sessions to cleanse any blackheads.

Top treatments to get rid of acne scarring

Treatments for acne scarring depend on how severe the scars are. In some cases, a doctor or dermatologist may suggest a chemical peel or microdermabrasion to help improve the appearance of scarred areas.



If you have serious scarring from previous bouts with acne, there are several things you can do:

LASER RESURFACING

This procedure can be done in the doctors or dermatologist's office. The laser removes the damaged top layer of skin and tightens the middle layer, leaving skin smoother. It can take anywhere from a few minutes to an hour. The doctor will try to lessen any pain by first numbing the skin with local anesthesia. It usually takes between 3 and 10 days for the skin to heal completely.

FRACTIONAL LASER THERAPY

This type of treatment works at a deeper level than laser resurfacing or microdermabrasion, Because fractional laser therapy doesn't wound the top layer of tissue, healing time is shorter. Someone who has had this type of treatment may just look a bit sunburned for a couple of days afterwards.

MICRODERMABRASION

Microdermabrasion consists of a fine jet of abrasive crystals that gently remove dead skin cells layer by layer. A vacuum action lifts away the debris, stimulating the blood flow and encouraging collagen and elastin formation that results in firmer, revitalised and youthful looking skin. Wrinkles disappear, acne scarring is reduced and dull and tired skin is completely banished - sometimes after just one treatment.



Common mistakes people make when they have acne

NOT GIVING ACNE TREATMENTS LONG ENOUGH

Skin reacts slowly to treatment. Even if the acne came on fast, it still requires time to heal. That usually takes between 6 and 12 weeks. In some cases, your skin might feel a bit irritated the first couple of weeks of treatment. So if you're trying something like microdermabrasion, give treatments at least one month and see how your skin feels.

TRYING TOO MANY PRODUCTS AT ONCE

One thing you shouldn't do to deal with acne scars is load up your face with masks or fancy lotions — these won't help and may irritate your skin further, making the scars red and even more noticeable.

OVER-SCRUBBING OR OVER-CLEANSING THE SKIN

Acne IS NOT dirt. Constant scrubbing will only leave your skin red raw and more inflamed than before. Use gentle, non-oily cleansers on a daily basis and a professional treatment such as microdermabrasion every 10 days or so.

POPPING AND PICKING AT PIMPLES

Popping and picking pimples prolongs healing time and raises the risk of scarring. Infected material can get pushed further into the skin, leading to more swelling and redness. In short, DO NOT pick at your skin!



Further reading

Take a minute to read these articles on the Skinbase blog:

- [How do I get rid of acne scarring?](#)
- [Just how do you get rid of adult acne? Suffering from adult acne? Then this is the blog for you.](#)
- [Face mapping – what are your acne and breakouts telling you?](#)
- [Beauty Journalist's secrets - Treating spotty, blemished and acne riddled skin](#)

What next?

We really hope you've enjoyed this guide. We'll email you with regular beauty tips from our blog.

- [Interested in the Skinbase Facial?](#)
- [Check out our success stories](#)
- [Find your nearest therapist](#)