

# Acne Treatments



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## **What Causes Acne**

Acne is a skin condition that causes pimples, blackheads, whiteheads and scars. Acne normally affects the face, neck, back, chest and arms. The severity of this skin disorder can vary from person to person. Typically, people between 12 and 25 suffer from acne. However, there are also men and women aged 30 to 40 who are also prone to this type of skin disease. Here are some guidelines to help you understand more about what causes acne.

First, acne is basically a disorder triggered by overactive sebaceous glands that discharge sebum, or oily substances, onto the surface of the skin. People affected with acne have sebaceous glands that are particularly sensitive to a hormone called testosterone, which causes the release of too much sebum, which is what causes acne.

A lot of people say that what causes acne is unknown. But there are various conjectures about what causes acne. Medical professionals believe that either of these factors are what causes acne:

- 1 Hormonal changes
- 2 Heredity

- 3 Some types of medicine
- 4 Cosmetics

Skin experts are of the belief that a hormonal change during puberty is what causes acne. The onset of one's puberty triggers a rise in the quantity of hormones, specifically androgens. These hormones cause the oil ducts on a person's face, neck, upper chest and back to begin producing oil. This condition is what causes acne in some people. Puberty likewise causes an increase in a type of bacteria called the *Propionibacterium acnes*, which is also believed to be what causes acne. This form of bacteria typically exists in the skin and thrives on sebum as nourishment for its growth. As the body attempts to counteract with the excess bacteria, white blood cells are drawn to the follicle and then yield an enzyme that destroys follicle walls.

Having family members that suffered from the skin condition is also what causes acne. If you have family members that had bothersome acne in their teenage years, there is a possibility that you will also develop acne.

Medicine is also what causes acne. Drugs with bromides, iodides and barbiturates, including or oral or injected steroids, have side effects and may produce acne as a potential consequence. However, most acne cases are not drug-related.

A lot of people may not be aware but make-up is also what causes acne. Breakouts are brought about by cosmetic products that contain oil. This is what causes acne and affects the skin's follicles. The oil from your make up can also stick to your face and clog it.

There are a wide variety of treatments available for treating acne and we can't cover them all here, but here are some that are popular and may work for you.

## **Types of Antibiotic Acne Treatments**

Antibiotic acne treatments, which come in topical and oral forms, function in several ways. One is to decrease the quantity of bacteria in and around the follicle and on the skin. Two, antibiotics reduce inflammation and lessen the irritating chemicals that white blood cells produce. Finally, antibiotics lessen the intensity of free fatty acids in the sebum. Most of the time, doctors prescribe topical and oral antibiotics for average to acute cases of acne.

### *Topical Antibiotics*

Topical antibiotic acne treatments are those applied to the surface of the skin to destroy bacteria and help reduce acne. The topical method is effective because it is directly applied to the affected area and does not cause side effects. But topical antibiotic acne treatments have one major drawback. Over time, the bacteria develop tolerance and resistance to the medicine, making it especially hard to eliminate.

*Some of the topical antibiotic acne treatments include the following:*

### *Topical antibiotic acne treatments with Clindamycin*

The most frequently used topical antibiotic for acne

- 1 Available in solution, lotion, or gel form at 1% strength
- 2 Usually well tolerated but may cause some irritation

### *Topical antibiotic acne treatments with Erythromycin*

Second most commonly used topical antibiotic used for acne

- 1 Available in solution, gel, and ointment forms at 2% strength
- 2 Normally well tolerated but may cause some irritation
- 3 Safe for use by pregnant women

### *Topical antibiotic acne treatments with Metronidazole*

Often used to treat acne caused by rosacea

Available in gel form at 0.75% strength

Usually well tolerated but can cause irritation

### *Oral Antibiotics*

Oral antibiotics are prescribed to people with inflamed pimples that do not respond well to topical antibiotic acne treatments or if they have acne in numerous areas of their body. Oral antibiotic acne treatments are more effective and more convenient.

*The most commonly used oral antibiotic acne treatments are:*

#### *Tetracycline*

The most widely prescribed antibiotic for acne

- 1 With a typical starting dose of 500 mg twice a day continued until a significant decrease in acne lesions is observed
- 2 Must be taken on an empty stomach to be most effective

#### *Erythromycin*

One of the very commonly used antibiotic acne treatments

Have anti-inflammatory properties that help diminish redness in lesions



in addition to killing bacteria.

- 1 Typically prescribed as 250 - 500 mg twice a day
- 2 Can and must be taken with food
- 3 Can cause stomach upset and nausea

### *Minocycline*

A tetracycline derivative that has been a decades-long effective treatment for acne.

- 1 Most useful for pustular type acne
- 2 The normal starting dose is 50 to 100 mg twice a day
- 3 One of the antibiotic acne treatments that can cause dizziness, nausea, vomiting

## **Various Laser Acne Treatments**

Dermatologists have been using medical lasers on acne scars for quite some time now. But more recently, laser procedures are also being used increasingly as acne treatments. Here are the different types of laser acne treatments that are currently on the market:

### *Erbium Glass Lasers*

The Erbium glass treatment works by shrinking hyperactive sebaceous glands, or oil glands, in order to reduce the production of oil. Utilizing a 1540 nanometer wavelength light beam, the intense light of the Erbium glass laser is made to aim at the oil in the sebaceous glands. As the laser energy is absorbed by the oil glands, its intense heat causes the glands to shrivel, making them lose the ability to produce excess oil. The Erbium glass laser acne treatments are also capable of eliminating *Propionibacterium* acne bacteria, even though its principal

purpose is to treat acne by shrinking the oil glands, like other laser acne treatments.

### *Diode Lasers*

Diode lasers are laser acne treatments that use a 1450 nanometer wavelength light beam to get rid of too much oil produced by overactive sebaceous glands. Like the Erbium glass laser, the Diode laser light also works by shriveling the oil glands in the dermis to lessen production of oil, without endangering the external layer of the skin. Side effects of the diode laser acne treatments include temporary redness and swelling of treated areas. This is one of the laser acne treatments that, while zapping on the oil found in the sebaceous glands, also get rid of the p. acne bacteria.

### *Pulse Dye Lasers*

One of the laser acne treatments that successfully used as an extraordinarily valuable tool in the battle against acne is the pulse dye laser technology. The pulse dye laser 595 nanometer wavelength sets off a photochemical reaction that kills acne bacteria. The Nd:YAG 1320 nm wavelength aims at the sebaceous glands. Both the wavelengths of these laser acne treatments stimulate collagen to improve acne scarring. Treatments using the pulse dye laser acne treatments typically will yield results within three to four weeks after a recommended one to two sessions.

The disadvantages of laser acne treatments include the high cost of therapy, discoloration of the skin and pain, although these can be managed by applying analgesics to the skin prior to treatment. Despite

these setbacks, laser acne treatments are now recognized options in the treatment of acne. In addition to that, these are better choices for those who are not agreeable to topical or systemic treatments.

## **Salon Treatments for Acne**

Many salons today offer a range of treatments for people with acne. The highly modern ones are capable of offering the latest technologies in salon treatments for acne. Here are some of the acne treatments offered by salons.

### *Acne Facials*

Salon treatments for acne include acne facials, which are effective in treating problematic skin, specifically teenage and adult acne. After cleansing procedures, acne facials can include warm vapor mist, enzyme or glycolic acid exfoliation, manual deep pore removals, electric treatments, skin-calming and anti-bacterial masks. This is one of those salon treatments for acne that can be repeated on a regular basis until facial problems are resolved.

### *Micro Dermabrasion*

Micro Dermabrasion is a quick procedure that's one of the most popular salon treatments for acne. It is a non-invasive and non-wounding way to deal with acne scars and other facial flaws. Micro Dermabrasion is one of those salon treatments for acne that does not entail going through painful procedures, down time or recovery. Compared to other salon treatments for acne, the only after-effect of Micro Dermabrasion is some redness that lasts for only about an hour.

### *The OXYjet Anti-Acne Treatment*

One of the latest in salon treatments for acne, the *OXYjet Anti-Acne Treatment* is a new skin rejuvenation treatment that dramatically fights acne. It also diminishes scarring caused by acne, making the skin appear clear and fresh. The OXYjet Anti-Acne Treatment is one of those salon treatments for acne that uses the latest biotechnology to get rid of flaws and blemishes, fight bacteria brought about by acne, and restore hormonal balance. The OXYjet Anti-Acne Treatments are salon treatments for acne recommended every 3 - 6 months after package.

### *Bio Oxygen Anti-Ageing Treatments*

Bio Oxygen anti-ageing Treatments are salon treatments for acne that provide a safe and effective therapy treatment without the use of needles. The Bio-Oxygen technique works by gently pushing oxygen and high performance cosmetic formulations deep into the skin with the use of a no-needle injection (pressurized jet of oxygen). These salon treatments for acne travel down to the deepest layers of the skin to accomplish the desired result.

### *Light Therapy*

Some salons now offer light therapy for clear, rejuvenated and young-looking skin. Light therapy is an effective treatment option that reduces acne. Compared to many other high-end salon treatments for acne, light therapy is quick, painless and inexpensive. Light therapy works by emitting blue light wavelengths that are anti-inflammatory, and red and infrared light wavelengths that improve circulation. Light

wavelengths help cleanse follicles and glands by wiping out bacteria that causes acne while producing a soothing and balancing effect on oil production.

## **Natural Acne Treatments To A Healthier Skin**

When it comes to acne remedy, a lot of people prefer natural acne treatments to conventional ones. Aside from basically having no side effects, these natural cures are also quite efficient. Here are some of the more popular ways of treating acne naturally.

### *Tea Tree Oil*

Due to its anti-microbial properties, tea tree oil has become one of the more popular natural acne treatments. Derived from the leaves of *Melaleuca alternifolia*, tea tree oil is frequently used as a topical solution applied to acne lesions to eliminate bacteria. It must be noted that even though tea tree oil is one of the more natural acne treatments, it is harmful when in an undiluted form and can cause redness, itching, blistering, and over-drying.

### *Blend of Herbs*

When it comes to natural acne treatments, herbs are a staple. Combine equal parts of herbal extracts like yellow dock, sarsaparilla, cleavers and burdock for natural acne treatment. Together with a nutritious diet, take one-half teaspoon a day of this mixture. These herbs are natural acne treatments regarded by people as powerful lymph and blood cleansers.

### *Vitamins and Supplements*

If you want natural acne treatments to reduce production of your sebaceous glands, you can resort to taking appropriate doses of vitamin A. But if your body has enough supply of nutrients like beta-carotene, vitamin E and zinc, which are all needed for vitamin A formation, supplementing with vitamin A might not be needed anymore.

### *Zinc*

Preventing occurrence of acne is possible by increasing intake of zinc-rich foods, which are effective natural acne treatments. Elimination and reduction of blemishes, inflammation and androgenic effects on the skin are also possible with natural acne treatments like zinc. Zinc is especially effective in the form of zinc gluconate or zinc sulfate.

### *Garlic*

Many people acknowledge that they use garlic as one of their natural acne treatments. Rubbing affected external area with raw garlic several times a day has been known to cure acne and reduce pimples, spots and boils. Plus, eating three seeds of raw garlic once daily for one month is one of the more effective acne treatments. This helps keep acne away through the blood stream by purifying and cleansing it.

### *Improving Your Diet*

Enhance your diet by focusing on whole, unprocessed food. One of the indirect ways of natural acne treatments, it can help you avoid ingestion of acne-producing food. It is recommended that you eat at least five servings of vegetables and at least one serving of fruit each

day. Eating foods with healthy omega-3 oil like sardines are also effective natural acne treatments.

## **5 Home-Made Acne Treatments**

Many people consider home-made acne treatments the main remedies for acne. They are greatly appreciated by most because these treatments only require external applications, thereby reducing chances of acquiring dangerous side effects. Here are some home-made treatments for acne that are also proven by some to be effective.

### *1. Turmeric*

When it comes to home-made acne treatments using face pack, turmeric is the most well-known ingredient. Turmeric is famous for its ability to nourish the skin and to eliminate facial scars. For oily skin, turmeric home-made acne treatments can be made by combining it with rose water to make paste. Another effective combination is a mixture of turmeric and lemon juice.

### *2. Honey*

Honey is another chief ingredient in home-made acne treatments. It can be used as a pack that's applied directly or mixed with lemon juice. Honey-apple combination is also one of the most well-known home-made acne treatments.

### *3. Fresh Fruits and Vegetables*

Home-made acne treatments also involve fresh fruits and vegetables, which may be in sliced or in paste form. Most commonly used home-

made acne treatments include potato and cucumber, which are sliced in round shapes and paced on the face. Grape juice and orange juices are also popular home-made acne treatments.

#### *4. Baking Soda*

Home-made acne treatments like baking soda mask also help fight acne. After washing your face using a mild cleanser, mix a little baking soda with water and apply gently on your face. This mixture helps clear your acne aside from making it soft and clear.

#### *5. Oatmeal*

Other home-made acne treatments include oatmeal mask. To make the mask, blend a little oatmeal with water. Gently apply on your skin and leave it on for 15 minutes. Oatmeal masks are gentle and safe. They are also great home-made acne treatments because they help make your skin look and feel better. Make a thick paste with oatmeal and warm water, apply on the affected area, leave it on for 20 minutes, and then rinse with warm water. This is especially effective for those with regular acne and acne rosacea.

There are also home-made acne treatments that relieve redness and itching. Make a baking soda paste and apply it on the problem area. While this is more popularly known as a bee sting relief rather than one of the home-made acne treatments, it also lessens itching and redness in acne sufferers.

The main purpose of home-made acne treatments is to provide regular and easily available natural care for the skin, making it healthier and



cleaner.

## **Using Pore Cleanser Acne Treatments**

Pore cleansers are designed to help prevent dirt and oil from penetrating your skin, specifically your nose and face. These solutions are intended to help your skin stay healthy and clean by ridding it off of accumulated grime and dirt. Pore cleanser acne treatments go a notch higher. They prevent you from getting acne issues in the future.

Not a lot of people know that facial pore cleansers are also considered pore cleanser acne treatments. When it comes to acne remedy, pore cleanser acne treatments with an ingredient like benzoyl peroxide are more recommended.

### *Benzoyl Peroxide*

Benzoyl peroxide has been proven to be one of the more effective pore cleanser acne treatments. It is a topical antibiotic that kills the anaerobic Acne P. bacteria that's responsible for acne lesions. Anaerobic refers to a bacterium type that cannot live in the presence of oxygen. Benzoyl peroxide also has anti-inflammatory action that lessens swelling and redness, thus allowing the skin to heal.

When you buy pore cleanser acne treatments, focus on gel cleansers since these have the least drying characteristics. Most acne cures dry out pimples when they should have instead provided more moisture. When you regularly wash with pore cleanser acne treatments, you allow deep cleansing of pores, which is rather not possible with ordinary lather-based products.

The best time to use pore cleanser acne treatments is when your pores are open. This can be done by steaming your face over a basin of hot water or taking a hot shower.

Before using pore cleanser acne treatments, you should clean your face thoroughly and make sure that there is no more dirt or makeup to prevent pimples. Make sure to use the pore cleanser acne treatments in areas where there is deep-seated dirt, specifically in the cheeks, nose chin and forehead.

Once you have washed your face with one of these pore cleanser acne treatments, you should apply an anti-acne toner containing natural extracts such as herbal tea. After that, lightly put on a light and oil-free moisturizer.

One of the most important things that you need to be aware of is that your skin condition constantly changes so you test it for too much oiliness, dryness and dullness. Also, to prevent outbreaks from occurring, you need to change your pore cleanser acne treatments and your cleansing system from time to time. But the best way to deal with this is to perform a patch test to determine if your skin has developed sensitivity to certain substances that didn't bother you before.

By using pore cleanser acne treatments, you are bound to get rid of acne in due time and allow for better and improved complexion.

## **The Two Types of Gardena Acne Treatments**

When it comes to treating acne, the most important thing is to stop the production of excess skin oil from being discharged into the surface

of the skin. There are acne treatments in the market today that aim to do just that, but fall short when it comes to actual performance. If you're looking for products that are effective in addressing excess oils, Gardena acne treatments have the answer.

The key to treating acne is preventing overproduction of oil at its source. While many dermatologists are not precisely clear about the causes of acne, there is an implication that the exact causes of acne are unknown. But in actuality, the unknown lies in why genetics cause an overproduction of oil. But despite that lack, Gardena acne treatments offer a way around the source of acne problems, which are overactive sebaceous glands.

### *Isotretinoin*

There are two types of Gardena acne treatments that are highly effective in preventing overproduction of oil. Isotretinoin is one of these Gardena acne treatments. It is used in the treatment of acute acne that has not been aided by other treatments, like antibiotics. This is one of the highly effective Gardena acne treatments because of its ability to stop oil production before it reaches the surface of the skin. Isotretinoin, which belongs to the retinoid group, works by decreasing the production of natural agents that can cause the formation of pimples. However, these Gardena acne treatments are only used in extreme situations.

When you begin taking Gardena acne treatments in the form of isotretinoin, it's possible that your acne may get worse. However, this is no cause for concern since this period will only last for a short time. When this happens, additional medicines may be prescribed to target

this specific occurrence.

### *Pantothenate*

Other types of Gardena acne treatments include d-Calcium Pantothenate, a fairly new way to fight acne, but already starting to become well-known. It is also one of the Gardena acne treatments that doesn't dry out the skin by completely closing the pores. Pantothenic acid works to stop the excess oil from being released in the first place. Gardena acne treatments involving this type of treatments are 100% all natural and have little side effects. Pantothenic acid has a distinct effect in skin tissue, even after oral administration. Gardena acne treatments of this kind are also effective in metabolizing many toxins, some of which are potential culprits in acne formation.

The main side effect of d-Calcium Pantothenate Gardena acne treatments is lightening of the stool. There are cases when mild diarrhea occurs, but these are not very common.

## **Types of Acne Scar Treatments**

People who want their acne scars fixed can avail of the various kinds of acne scar treatments. The type of treatment is dependent on aspects like cost, skin type and personal perception of scars, among others. Benefits and risks also come with each procedure so consultation with a dermatologist is recommended to determine what procedure is best for you.

### *Dermal Fillers*

Dermal fillers are acne scar treatments that are injected into acne

scars to bulk up the skin's surface to give it an appearance of smoothness. This is one of the acne scar treatments that do not permanently treat scars so patients need to undergo further injections. Dermal fillers include bovine collagen, human collagen, fat and polythethyl-methacrylate microspheres with collagen.

### *Autologous Fat Transfer*

Autologous fat transfer is another one of the acne scar treatments that require injection. This process involves taking fat from a different part of the body to be injected beneath the affected skin's surface to raise deep scars. This is also one of those acne scar treatments that require repeated injections.

### *Punch Excision*

Punch excision is one of the acne scar treatments that require surgery. This procedure also requires local anesthesia like some acne scar treatments. Surgical correction through this method involves the use of a biopsy tool to excise the scar and stitch the skin edges together. This method aims to create a new scar that will disappear over time.

### *Dermabrasion*

The most effective among acne scar treatments is dermabrasion. This procedure, which requires local anesthesia, entails getting rid of the skin's surface and modifying the outline of the scars using a high-speed brush or fraise. Dermabrasion is another one of those acne scar treatments that does not work for all types of acne scars. However, it can completely eliminate superficial scars and diminish the depth of deeper acne scars.

### *Microdermabrasion*

Microdermabrasion, an addition to the options for acne scar treatments, is a surface form of dermabrasion that utilizes aluminum oxide crystals instead of a brush or fraise. The procedure entails passing the crystals via a vacuum tube to get rid of surface skin.

### *Laser Resurfacing*

Laser resurfacing is also one of the more popular acne scar treatments. The most well-known laser types include the carbon dioxide (CO<sub>2</sub>) and erbium:YAG (Er:YAG) lasers. In this procedure, the top layer of the skin is basically burned to a specific deepness. Over time and with proper post-operative skin care, the burned layers of the skin are replaced with newer skin.

These are only some of the many acne scar treatments available today. But the best way to avoid scars is to get your acne remedied as early as possible.

## **Treating Cystic Acne**

Cystic acne is considered the most severe form of acne vulgaris. It may appear similar to a nodule, but with pus inside. It usually has a diameter of 5mm or more. Originating deeper in the skin than typical pimples, cystic acne refers to a skin condition where inflammatory lesions are present. These lesions can be painful and usually produce scarring. For people suffering from this skin condition, treating cystic acne is an immediate need.

Pertinent in treating cystic acne is thorough understanding of the disorder to help in treating it better. Cystic acne is characterized by inflamed skin that may hurt. It is formed when oil ducts in the skin become clogged. This condition leads to the infection of pores. Adding to the problem are the hyperactive oil ducts that keep producing unnecessary oil. Because of this type of environment, bacteria make the affected area their breeding ground and cause irritation and infection on the skin, which eventually leads to cystic acne.

*Different ways in treating cystic acne.*

Most of the techniques involved in treating cystic acne are effective for them. When treating cystic acne, the following should be taken into consideration:

- 1 Treating cystic acne should be effective in dealing with the bacteria that's causing infection.
- 2 Treating cystic acne should also be able to halt or prevent the production of oils either by eliminating oil glands or controlling the levels of hormones.
- 3 Treating cystic acne should be efficient in protecting the affected area from succumbing to new infections.

There is an urgent need when it comes to treating cystic acne because of the possibility of more cyst formation that may eventually lead to severe scarring.

Treating cystic acne may include:

- 1 *Draining the lesions* for severe cases and antibiotics
- 2 *Injecting cortisone* to melt the cysts over a period of days to

- reduce inflammation
- 3 *Medicating with isotretinoin* to help stop widespread scarring
  - 4 *Treating with accutane* to normalize dysfunctional sebaceous glands
  - 5 *Surgical extraction* where large cysts need to be surgically drained and extracted
  - 6 *Blue-light therapy* to treat inflammatory acne and to kill bacteria that causes acne
  - 7 *Oral contraceptives* for women to control overactive sebaceous glands that produce more sebum

Treating cystic acne can definitely give rise to certain side effects. However, these should abate once treatment is completed. And for the countless numbers of patients suffering from cystic acne, going through painful treatments would be worth their while once they attain the goal of treating cystic acne.

## **Best Acne Treatments**

There are so many acne treatments that abound the skin care industry today. But not all of them have the ability to do what they are supposed to do, which is to help people who suffer from acne get relief from their skin condition. Before spending money trying out all the available products targeted towards acne relief, here is a rundown on the best acne treatments available in the market today.

### *Retin-A*

One of the best acne treatments in the industry is retin-a, a derivative of vitamin A. This acne treatment is considered as one of the best because of its efficiency in treating comedonal acne, also called



whiteheads and blackheads, and acne scars, among other skin disorders.

This treatment is one of the best acne treatments because it successfully boosts skin cell turnover and effectively pushes out unwanted material out of the skin. What's more, retin-a is also one of the best acne treatments because it has been proven to improve wrinkles that result from acne skin outbursts. While the treatment is available by prescription only, some over-the-counter acne treatments contain retin-a.

### *Essential Oils*

The best acne treatments are not only those acne medications that contain chemicals. Other effective acne treatments include essential oils, which can be applied topically for acne conditions ranging from mild to moderate. One of the best acne treatments when it comes to essential oils is the tea tree oil. Apart from being one of the best acne treatments, the tea tree oil is also antibacterial, making it an effective acne remedy and a disinfectant at the same time. Tea tree oil belongs to the best acne treatments group because it efficiently eases irritations, prevents and controls acne occurrence. Furthermore, tea tree oil is widely regarded as one of the best acne treatments because it is fast acting and works to clear up the skin while soothing the effected area.

### *Laser Treatments*

When it comes to laser treatments, one of the best acne treatments is laser resurfacing. It is also one of the most popular treatments for different skin disorders. The most well-known laser types used in laser

resurfacing of acne scars are the carbon dioxide (CO2) and erbium:YAG (Er:YAG) lasers.

Basically, lasers are also considered one of the best acne treatments because of the precise way they burn the topmost layers of the skin to a specific depth. When the skin heals, it replaces the burned layers with newer skin. To ensure the success of laser resurfacing, there must be proper post-operative skin care for the affected area of the skin.

Though considerably pricey when compared to other acne remedies, laser treatments are considered the best acne treatments because they offer faster cure, a higher rate of success and long-lasting effects.

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