

Published based on [How To Get Rid Of Acne Scars](#)

How To Get Rid Of Acne Scars

[get rid of acne scars](#) is sometimes the worst problem even than acne, as it requires a long time for the scars to go away. At some point when you had acne and you are left with those ugly and embarrassing scars, you would try just about anything to get rid of acne scars. The ways and methods of treatment to reduce and lessen the appearance of the scars will depend on the extent of the acne. The recommended way to get rid of acne scars is seeking medical attention from a dermatologist or a cosmetic surgeon, particularly if your face has too many of them.

There are however natural treatments and home procedures to treat and reduce the appearance of small acne scars. A daily facial routine that includes cleansing and moisturizing is a definite must in all individuals. This will not only get rid of acne scars but it will keep the skin beautiful too. Exfoliating the skin once a week is important as well as it will remove dead skin; cleanse the pores of oil, dirt and blackheads. In order to help boost the effectiveness of the acne scar remedies you use, it is vital to maintain a clean face that can absorb products easily.

There are plenty of home remedies that can get rid of acne scars but be careful as everyone's skin reacts differently to various ingredients. To lighten the dark spots caused by acne, lemon juice is very effective. First, the scar should be cleansed with water and a cotton swab soaked with a teaspoon of lemon juice should be gently applied over the scar. Once you wash your face after a few minutes, you will see that your skin tone will appear to be more balanced, having a smoother color. Other ingredients that are said to reduce scars are Aloe Vera juice and gels and lavender oils. Another effective home remedy is Rosehip seed oil which will get rid of acne scars when it is applied and massaged on the affected areas of your face twice a day.

There are professional treatments as well that can help get rid of acne scars that include laser resurfacing, dermabrasion and augmentation. In laser resurfacing, a laser is used to remove the skin to aid the formation of new skin. Dermabrasion involves a machine that rotates to remove the damaged skin whilst the skin is numbed first. In dermabrasion, the skin is first anesthetized and a rotating machine is used to remove the damaged skin. Augmentation is when material such as collagen or your own body fat is injected under the scar to make it surface. Several methods exist to [how to get rid of acne scars](#) although almost all of them will depend on the extent of acne present and the type of skin.

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