

Evaluating The Best Acne Treatment

With all of the acne treatments on the market today, it is often hard to decide which one is right for you. In order to make this decision, you need to take into consideration what type of skin you have. This will be your main concern when choosing the right type of acne treatment. There are a variety of different over the counter treatments, as well as prescription treatments. It is important that you keep in mind, eliminating the acne may take some time and what works for one person, may not work for you.

One simple acne treatment is gentle soap and water. There are face soaps that are extremely gentle on the face, but can still help you manage your acne. When washing your face, you want to make sure that you gently wash it and do not use any type of harsh abrasive. Scrubbing your face can actually make the acne worse.

Products that contain benzoyl peroxide can be very beneficial in treating acne. It works by reducing the amount of acne there is, as well as helps to remove dead skin cells. One of the main side effects with benzoyl peroxide is excessive dry skin. Therefore, it is important that you follow the directions very closely and do not overuse the product. Benzoyl peroxide can be found in either lotions or gels.

Herbal treatments are also available. Studies show that vitamin A has helped in the reduction of acne. The vitamin A helps to reduce the amount of keratin and sebum produced. Another important vitamin is Zinc. Zinc helps vitamin A do its job. Aloe Vera has also been proven to help in the treatment of acne. It is 100% natural and contains anti-bacterial properties as well as an astringent.

Oral antibiotics can also help in the treatment of acne. Antibiotics are used in patients that have moderate to severe acne. In most instances, oral antibiotics are prescribed for approximately six months.

Tetracycline is another prescription acne treatment that has been shown to eliminate acne. It is important that this product not be used on children under the age of eight, as it can stain teeth and affect growth. This product should also be avoided in a woman who is pregnant or breastfeeding.

Topical Retinoids are also available for the treatment of acne. Retinoids work by helping to unclog the pores and prevent both whitehead and blackhead from forming. In some instances, topical retinoids can cause the skin to become sensitive to the sun. Therefore, it is important to wear sunscreen and follow the products directions closely.

In women, oral contraceptives can also be used in acne treatment. The oral contraceptives help by suppressing the overactive sebaceous glands. Contraceptives can be used over a long period of time. However, women who smoke or have a history of blood clots, may want to consider a different treatment alternative.

There are a variety of different acne treatments available. It is important that you try a variety of treatments, until you find one that works for you. Keep in mind, what works for others, may not work for you.

About the Author

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