

**Title:**

Acne Treatment, The Common Sense Approach

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673

**Summary:**

The first thing to remember when starting acne treatment is that there is no overnight cure. The duration of treatment can last between a few months to a few years. Another thing to understand is that what may work for one person might not work for another. Each individual is unique and the effectiveness of treatment varies from individual to individual.

**Keywords:**

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**Article Body:**

The first thing to remember when starting acne treatment is that there is no overnight cure. The duration of treatment can last between a few months to a few years. Another thing to understand is that what may work for one person might not work for another. Each individual is unique and the effectiveness of treatment varies from individual to individual.

Also it is always a good idea to follow the dermatologist's advice, there is no point in trying remedies at home and ending up treating complications due to the home remedies. Let nature run its own course, most acne cases usually settle down over a period of time and treatment can only accelerate the process but there is no substitute for Mother Nature when it comes to healing.

How should people go about acne skin care? This article enumerates some basic guidelines to go by. For example, you should clean your skin gently, avoid frequent handling of the skin, avoid sun tanning, and lastly, women should choose their cosmetics carefully and men must shave carefully for good acne skin care.

People with acne may try to stop outbreaks and oil production by scrubbing their skin and using strong detergent soaps. However, scrubbing will not help acne skin care; in fact, it can make the problem worse. Most doctors recommend that people with acne gently wash their skin with a mild cleanser for acne skin care, once in the morning and once in the evening.

Patients should ask their doctor or another health professional for advice on the best type of cleanser to use for acne skin care. Acne skin care also means washing your skin after heavy exercise. Patients should wash their face from under the jaw to the hairline; rough scrubs or pads should not be used. It is important that patients thoroughly rinse their skin after washing it.

Astringents are not recommended for acne skin care unless the skin is very oily, and then they should be used only on oily spots. Doctors also recommend that patients regularly shampoo their hair as part of acne skin care. Those with oily hair may want to shampoo it every day for proper acne skin care.

People who squeeze, pinch, or pick their blemishes risk developing scars. Acne lesions can form in areas where pressure is frequently applied to the skin. Frequent rubbing and touching of skin lesions should be avoided if you take your acne skin care seriously.

Men who shave and who have acne can try electric and safety razors to see which is more comfortable for acne skin care. Men who use a safety razor should use a sharp blade and soften their beard thoroughly with soap and water before applying shaving cream. Nicking blemishes can be avoided by shaving lightly and only when necessary.

A suntan or sunburn that reddens the skin can make blemishes less visible and make the skin feel drier for a little while. But the benefits are only temporary and cannot take the place of proper acne skin care. The sun can seriously damage skin, promote aging of skin, and cause skin cancer. Furthermore, many of the medications used to treat acne make a person more prone to sunburn.

People being treated for acne often need to change some of the cosmetics they use. Acne skin care demands that all cosmetics, such as foundation, blush, eye shadow, and moisturizers, should be oil free. Patients may find it difficult to apply foundation evenly during the first few weeks of treatment because skin may be red or scaly, particularly with the use of topical tretinoin or benzoyl peroxide.

Lip products that contain moisturizers may cause small, open and closed comedones to form. Hairstyling products that come in contact with the skin along the hairline can cause burning or stinging in people with acne. Acne skin care products that are labeled as noncomedogenic (do not promote the formation of blemishes) should be used for acne skin care; in some people, however, even these products may cause acne.