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Everything You Need to Know About Acne — and How to Get Rid of It

By Carolyn Twersky and Kelsey Castañon | December 4, 2018



Everyone deals with acne. Seriously, everybody. In fact, according to the American Academy of Dermatology, it's the most common skin condition in the US, affecting 50 million people every year. So, if you find yourself fretting over a breakout, you're not alone, especially in your teenage years. Eighty-five percent of people between 12 and 24 have dealt with acne. It's no surprise, then, that when *Seventeen* surveyed more than 1,000 readers, 93 percent of you said you've experienced it, too. Don't worry, because help is here. Read on for a comprehensive look at breakouts, what's causing them, and how to treat them.

THE 4 TYPES OF ACNE



ESRA RØISE + DANA TEPPER

From the occasional pimple to blackheads littering your nose, there are so many different variations of acne. Here are four of the most common types you may find popping up on your face and how to treat each case individually.

1. CYSTIC ACNE

What It Looks Like: Painful, pebble under-the-skin zits.

Cystic acne occurs when a clogged pore filled with oil and dead skin ruptures under the skin. Your body forms a cyst to stop inflammation from spreading further, causing painful nodules under your skin, says **Beverly Hills Dermatologist and Owner of Ava MD and Skin Five, Ava Shamban**.

"Teens, in general, tend to get cystic acne on their cheeks and on their temple, like right at the edge of the eyebrow," Dr. Shamban says. Cystic acne is going to be more painful than normal acne because it is so inflammatory. If left untreated, the pimples can cause bad scarring. Luckily, we have some treatments for you.

How to Treat It:

Try this first: Check out an over-the-counter salicylic acid face wash to reduce the redness in the pimples (try: Neutrogena Oil-Free Acne Fighting Face Wash). While you're at it, try a cleanser with a low concentration of benzoyl peroxide (try: Humane Benzoyl Peroxide Face Wash) as well as a moisturizing sunscreen (try: CeraVe Ultra-Light Face Lotion with Sunscreen). Those who suffer from cystic acne tend to have more sensitive skin, so treat your face kindly, don't scrub too hard and choose products without dyes or added fragrance. Finally, before you go to sleep, try applying some adapalene gel onto the problem areas (try: Differin Adapalene Gel Retinoid Acne Treatment). The gel will do its work on the pimples while you snooze.

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