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Here's Everything You Need to Know About Treating Acne Scarring

Including products that may help clear up your skin.

By Carine Lavache | April 18, 2019



Dealing with recurring cystic acne can be difficult and finding ways to treat it is only the beginning. Once you've found the right solution, the scars they leave behind can sometimes last for years and tackling it can be a journey of its own. People sometimes find themselves trying tons of skincare products promising to be the ultimate fix, only to feel discouraged when it doesn't seem to be working.

"Deeper scars which appear tethered, indented, or ice pick-type scars are more difficult to treat and often require chemical peels, resurfacing lasers and or hyaluronic acid based fillers right into the lesions for a temporary fix," says board-certified dermatologist and celebrity beauty expert, [Dr. Anna Guanche](#).



Not everyone is seeking out a procedure though, and there certainly are steps you can take on your own for achieving the skin of your dreams. One key tip: You have to be faithful to your regimen and give it time to work.

“Sunscreen is a must! Especially for those with darker skin [tones], as the sun will darken red marks and can turn them brown,” says Guanche. “If one does not want to undergo a cosmetic procedure, high quality products and fading creams can help.”

She adds that using products such as topical creams that have retinol or Retin-A can help build collagen and soften scars. “Glycolic acid also helps to brighten the skin and can lead to a more even appearance. The redness will fade with time, but these products make the skin appear more even-toned.”

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