

HOW TO GET RID OF BLACKHEADS ON NOSE

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Introduction:

I want to thank you and congratulate you for downloading this book. In the following pages you will discover proven steps and strategies that can help you easily reduce and eliminate acne.

Acne/blackhead is a common skin condition that affects most people and it can persist late into life. Doing what doesn't work can leave you with unsightly scars and acne that will just not go away. Getting rid of blackheads and acne takes time, eating the right foods and the right use of products and treatments.

You may be surprised at the number of all natural and inexpensive solutions that are out there for acne. In this Acne is a common skin condition that affects most people and it can persist late into life. Doing what doesn't work can leave you with unsightly scars and acne that will just not go away. How to get rid of blackheads on nose? Well, it takes time, eating the right foods and the right use of products and treatments. You may be surprised at the number of all natural and inexpensive solutions that are out there for acne. In this book you will discover exactly

what you need to do in order to end your acne problems once and for all!

Chapter 1: Acne Treatment

Most people will only need treatment for mild acne. The common treatments for acne are over-the-counter medications. These products contain active ingredients that can get rid of blackheads and acne causing bacteria and clean the pores to prevent acne.

Resorcinol

Resorcinol is a crystalline phenol that can dissolve whiteheads and blackheads. It improves the skin condition by breaking down the upper layer of skin where dirt is trapped. Unfortunately, resorcinol cannot kill bacteria nor does it prevent its buildup.

Benzoyl Peroxide

Benzoyl Peroxide is a common active ingredient in acne products. It can kill bacteria and reduce the oil production. Benzoyl is crystalline peroxide that is used in bleaching. It can also work as a peeling agent that accelerates the skin's shedding making the pores cleaner.

Salicylic Acid

Salicylic acid is effective in reducing inflammation. It causes skin to shed easily which makes room for new cells to grow. It prevents blackheads and whiteheads and reduces the production of oil.

Sulfur

Sulfur is a yellow crystalline solid in its natural form. It has been an ancient cure for acne, eczema and psoriasis. The elemental sulfur oxidizes to acid which can be an antibacterial agent.

Retin-A

Retin- A is an acne treatment which is derived from vitamin A. It is mostly used to treat mild to moderate acne. It is especially effective in eliminating whiteheads and blackheads. Retin-A works by speeding up the cell turnover and decrease the buildup of dead skin cells.

Azelaic Acid

Azelaic acid can be used for mild to moderate acne. It kills bacteria that can cause pimples and reduces the inflammation. Azelaic acid strengthens the cells and lines the follicles and stop oil eruptions. It is also recommended for people who suffer from melasma or dark spots that occur after the acne has healed. Treating more severe cases of acne involves stronger medications that may need a prescription from a dermatologist.

These prescription medicines can be in the form of creams, lotions, and pills.

Corticosteroid injection

If acne turns into a cyst and becomes severely inflamed, a dermatologist can inject a diluted form of corticosteroid to prevent the cyst from erupting and scarring. It also helps speed up the healing process.

Isotretinoin

Isotretinoin is prescribed for a severe cyst that antibiotics cannot handle. It is a powerful medication that is used when acne does not respond to common treatments. While it is very effective, it can also have severe side effects like birth defects for pregnant women, dry skin, and muscle aches. This drug should only be administered with the supervision of a specialist to avoid any dangerous effects.

Oral contraceptive

Oral contraceptives, like ethinyl estradiol, has been proven to decrease the acne of women. It can also cause side effects like breast tenderness and headaches. Women who want to use oral contraceptives as acne medication should consult their doctor first.

Antibiotics

Antibiotics are used for moderate to severe acne. However, people can build up a resistance to an antibiotic, which is why most doctors recommend stopping the medication once the symptoms are gone.

Acne treatment mistakes

For many acne sufferers, the wide variety of treatments and medications can be confusing. With wrong information, it is easy to commit mistakes and aggravate acne condition. Here are some common acne and blackhead removal mistakes to avoid.

Not trying acne treatment long enough

Skin may react to products slowly. Acne requires time to heal and improve. Give products at least one month to work and continue to use it if there is any improvement. It is also common to feel a little irritated during the first few days of a treatment. This only means that the product is reacting to the skin. However, these irritations should only be mild, discontinue the use of any products that causes severe side effects.

Over cleaning the skin

Aggravated scrubbing can only worsen acne because it removes the protective skin barrier and can lead to irritation. Use a pH balanced cleanser to clean the face gently. Washing the face more than twice can also strip the skin of its natural oil, making it drier and more susceptible to bacteria.

Trying too many products at once

Trying too many products at once can irritate the skin, especially in products with strong chemicals. Keep your skin regimen clean and simple. Some products also counter act the effects of other treatments. Be sure to consult a dermatologist if you have any serious side effects or want to know more about how a product will affect your skin.

Choosing the wrong products

Harsh cleansers and alcohol based products can worsen acne. People should choose products that do not clog the pores to prevent acne buildup.

Popping and picking acne

Picking on blemishes only prolong its healing process and increases the risk of scarring. Fingers can transfer bacteria to the wound and infect it. This only leads to more swelling. Wait for the pimple to dry out.

Waiting too long to see a dermatologist

Contact a specialist if acne is starting to get out of hand and when treatments do not respond to the acne anymore. Clinics are more equipped to deal with persistent acne and can prescribe stronger medication.

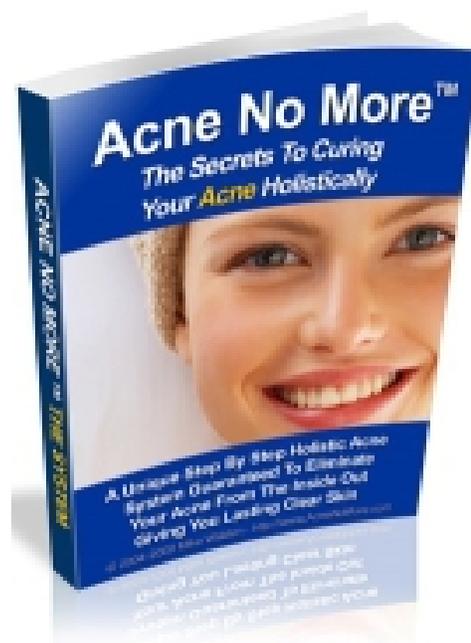
Over-using or under-using medication

Only use medication as instructed. People tend to over use the product in hopes of speeding up its effects, but this will typically just lead to dryness and redness. Some people tend to under use their products because they lose motivation after a few weeks without result. One secret to treating acne is consistency and patience.

Stopping the use of acne products once it clears up

Once acne has subsided, use acne medication less and less rather than abruptly stopping its usage. To keep skin clear and blemish free, people usually have to continue to use one acne product that has been shown to work well for them.

If you want to remove your acne by this week,
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Chapter 2: Acne Removal

Serious acne problems might need certain surgical procedures. People should go through acne removal as a last resort to eliminate acne and the marks that it has left behind. These procedures are mostly done in a doctor's office and should be done under close supervision.

Soft tissue fillers

Collagen is injected into the skin to fill out and flatten any scars while stretching the skin. The effect of these injections is only temporary, so the procedure must be repeated periodically.

Chemical peels

Peels are strong chemicals that are applied on skin to remove the top layer and to even out the skin tone. Peels are effective against shallow acne scars. It is administered by a physician with a cotton ball who spreads the solution on the areas to be targeted. The stronger the consistency of the chemical peel, the deeper it penetrates to the skin and the longer it takes to heal.

Types of chemical peels

Trichloroacetic acid(TCA)

This is the mildest chemical peel. TCA is used to reduce the appearance of fine lines and mild blemishes. The pretreatment of Retin A can help TCA penetrate the skin better.

Alphahydroxy Acids(AHA)

AHA is typically a term for a vast array of fruit acid peels like lactic acid, citric, tartaric, malic and glycolic peel. This peel is suited for sun damaged skin and helps eliminate pimples and wrinkles.

Glycolic acid is from sugar cane and is used for mild exfoliation and can help promote collagen production. Citric acid is effective against minor skin damage. Lactic acid peel promotes softer and more radiant skin. Tartaric acid has similar effects to citric acid while malic acid peel is used to treat acne by cleaning the pores.

Phenol

Phenol is a strong chemical peel that is used to treat deep wrinkles and skin discoloration. Phenol can only be used in the face since it can cause scarring on other parts of the body. Also, phenol can only be used for fair skinned individuals because this peel can produce unwanted scarring on darker skin tones.

What to expect from chemical peels

Chemical peel procedure can be as quick as a few minutes. Deep chemical peels may require local anesthesia. The application of the chemical can produce a slight stinging sensation. The skin will be red and can peel afterwards. A cream is usually applied to help heal the skin. It is important to follow the specialist's recommendation to avoid damaging the skin. Chemical peels can be done every few weeks, and treatment is usually based on the condition of the skin.

Dermabrasion

Dermabrasion removes the top layer of the skin with a rotating brush, thereby making space for new layer of skin to grow. Dermabrasion is not recommended for everyone. People with keloid scars and thin skin should not undergo dermabrasion. Moreover, patients with a viral disease such as oral herpes, are advised to skip dermabrasion since infection can spread during the process and cause permanent scarring.

What to expect from dermabrasion

The procedure can last from 15 minutes to 2 hours. The surgeon will carefully abrade the skin to the agreed depth. An antibiotic ointment will be spread on the face after the procedure to help protect the new skin surface.

The skin is very sensitive after dermabrasion, so it is not advisable to put anything on it without the consent of a dermatologist. It is also highly recommended to avoid sun exposure after a treatment.

Microdermabrasion

This procedure involves a hand-held device that blows crystals into the skin and gently exfoliates the top layer. There is a vacuum that removes the crystals and dead skin cells. The results of this procedure are subtle, but it does decrease the appearance of scars and lessens pimples. Dermabrasion is effective against scars but not on active acne, so patients have to let their pimples dry first before going through microdermabrasion.

What to expect from microdermabrasion

Microdermabrasion can cause minimal discomfort is rarely painful. The procedure can last up to 40 minutes. Generally, people will need eight treatments to see the desired results. Treatments are usually done in two weeks interval. Avoid sun exposure and always apply sun screen after treatments. Patients are also advised against exfoliating for a few days after the treatment.

Laser Treatment

Laser treatments can reach deeper into the skin without harming the surface of the skin. It damages the oil glands causing them to produce less oil. Each laser has different wavelengths and color. Facial resurfacing is done with ablative laser that is effective against wrinkles and sun spots. A Non-ablative laser heats up the fibroblast and encourages collagen production instead of removing a layer of the skin.

Types of Laser Treatments

Carbon Dioxide Laser

Carbon dioxide laser treatment is the first ablative laser and is still considered the gold standard for laser treatments. CO2 lasers can dramatically improve skin texture and tone as well as reduce wrinkles and scars. It involves a recovery period of one month. Hyper pigmentation and redness can occur to darker skin.

Erbium-YAG

This laser penetrates the superficial layers of the skin and dissolves unwanted tissue. The pulsing laser reduces the heat to the skin thereby reducing damage. This is a less invasive option

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