

Acne develops when dead skin cells and oil clog skin pores. Cystic acne is a kind of inflammatory acne that is characterized by painful, pus-filled pimples that form deep in the skin when bacteria also enters the pores. It is considered the most extreme form of acne, but with proper treatment skin can clear up in about three months.

How to Treat Cystic Acne

For patients with severe acne doctors may try:

Antibiotic Creams

This topical medication attacks the bacteria in clogged pores and reduces redness and swelling.

Retinoids

Retinoids are vitamin A-derivatives that are used to remove dead skin cells.

Birth Control Pills (Females)

Some doctors will prescribe female patients with birth control pills as well as antibiotics or spironolactone to help control hormone levels that contribute to acne.

Isotretinoin

Typically prescribed when other treatments don't work, isotretinoin targets all causes of acne (oil, clogged pores, inflammation and bacteria).

Other Types of Treatment

One option is to extract blackheads and whiteheads that aren't responding to other procedures. Alternatively, the size of acne can be swiftly reduced and the pain lessened with a corticosteroid injection. Salicylic skin peels are also sometimes used to slough away dead skin cells and unclog pores.

The Pathway to Clear Skin

Certain treatments work better on different skin types than others do. With the variety of options available, a dermatologist can find the right course of action that works for each individual. In just a few month's time treatment can reduce acne, minimize the chance of scarring and boost self-confidence.