

How To Get Rid of A Cystic Acne Breakout: Tips For Chronic Blemishes, Sensitive Skin & Ways To Clear Your Complexion

Fashiontimes.com

Skin care emergencies always seem to pop up when you require your clearest skin ever. It's like your skin can predict the worst time to sprout a pimple!

And **board certified dermatologist Dr. Rebecca Baxt** understands. The skin care pro has offered up remedies for these **breakout emergencies** so we know how to treat the next pimple pop-up.



Problem: Cystic Acne Breakout

There are some people who use a lancet or small knife to cut into a cyst and fish out the clogged part of the pore. But whatever you do, don't break out the sharp objects!



"Cutting open a cyst is extremely risky. You not only run the risk of getting an infection, but you also run the risk of scarring, as in a permanent skin indentation or protrusion," Dr. Baxt explained. And what if you cut open a cyst but can't squeeze out the root clog? You don't know where the root is or how deep it resides inside your skin. You can't even be 100% sure that you will be able to completely remove the hardened plug of the cyst.

Dr. Baxt says if any remnants of the clog remain, the cyst is likely to get re-inflamed and come back even worse. So what's a girl in dire need of clear skin to do? Here's a secret that many a supermodel and actress use: Steroid shots.



Dr. Baxt explains that, "when we discuss treating acne with cortisone or "steroid" shots, we are referring to the process of gently placing a very dilute quantity of a 'glucocorticoid' steroid into the cyst," she said.

"Glucocorticoids are a class of steroid molecules that are naturally produced by our bodies. They have very potent anti-inflammatory effects so they are often used to treat inflammatory diseases in medicine," Dr. Baxt continued.

"These acne remedies can be formulated as creams to treat skin rashes or as pills to treat systemic disease. They can also be injected directly into local areas of inflammation such as in arthritic joints and inflamed acne cysts."

Dr. Baxt tells us that within one or two days of injection into a cyst, the steroid will shrink the inflammation producing relief of pain and almost immediate cosmetic improvement. Pimple problems solved!