

## **Acne Scar Surgery Options Just For You**

There are a lot of different treatment options out there for those people who have acne, or have developed acne scars. What you may not know is that acne doesn't only affect teenagers. It can happen at just about any age, and it doesn't discriminate based on gender either. A lot of people find success by using creams, ointments and any number of various home remedies. However these methods don't always work, especially in more severe cases.

A quick note before we get started. The following advice is not meant to take the place of a professional opinion. You can use the information to give you a good start on having a discussion about your options with your doctor.

Assuming creams and lotions don't work, then you may have to look at acne scar surgery as a possibility. But don't just assume that's what you will have to do. Everybody is different, and will respond differently to each form of treatment. For example, if you have shallow, barely visible scars, then you probably don't need surgery to take care of the problem.

Of course, there are other types of acne scars, and determining which kind you have is the first step in figuring out which treatment is the best for you and your situation. Ice pick scars are small and deep, and look as though someone may have punctured the skin with a sharp tool; rolling scars are more mild and only somewhat indented; keloidal or hypertrophic acne scars look like raised bumps; and boxcar scars have a sharp edge to the indentation.

So, just what are the acne scar surgery options? For starters, there are laser treatments. These have the benefit of being able to be precisely controlled. Not only can they pinpoint the exact area of the scar, they can also be set to different depths, allowing the doctor to treat the problem at the most effective level. In fact, it can treat other skin blemishes (age spots, wrinkles) besides acne. Side effects--as you will see--tend to be minimal when compared to other surgical procedures for acne scars. Redness is

fairly common, though some people have experienced blistering and discoloration.

On the subject of lasers, it should be noted that there are a few different kinds. Such a discussion would be rather technical for this article. But, be sure to understand exactly which laser treatment your doctor is talking about, as well as the pros and cons of each treatment they happen to offer.

Subcision, punch excision, and injected fillers are some of the non-laser acne scar surgery options you may also wish to pursue. Whatever you decide, you can take comfort in knowing that you do not have to live with the scarring caused by acne for the rest of your life. Now that you have a bit more information, it's up to you to take the next step. You can see your doctor, or get some more information on other ways of treating acne and the scars it can leave behind.

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## **Basic Body Building Tips For Women**

Despite what the constant barrage of media tells us, the ideal body shape for women is...well, there is no ideal body shape. However, each woman has what she considers her ideal body shape. Hopefully this image will be based on her own desires, and not those that are constantly thrust upon her by a male-dominated industry. So, before we get started with some body building tips for women, I just wanted to say you should be yourself, and set fitness goals that mean something to and forget what anybody else says about it.

Speaking of goals, that's really where you need to start. There are a few things you should keep in mind to help you achieve them. Above all else, your goals need to be realistic. They can still be big, but if they aren't realistic to you, then you will have a hard time staying motivated because you won't see the point. For example, if you are a size 14 and want to get down to a size 4 in two weeks, then that's unrealistic. However, if you say you want to drop one full size every two months until you get down to a size 8, then that's more realistic. Furthermore, it's specific and structured in

such a way that you will achieve several mini-goals on your way to your main goal.

The next thing you need to do is decide what fitness means to you. Which body building technique for women you choose will depend largely on what you're trying to achieve. If you want to add muscle mass and bulk up, then you need to lift the heaviest (or close to it) weights you can lift, but only for a few repetitions. If you want toned muscles, then you can use lighter weights, but then you have to do a lot of repetitions. And that's just one example.

Once you have your goals, you need to develop a plan that's best for you personally. This can be tricky as there is so much information out there, and a lot of it is contradictory. The easiest solution is to hire a personal trainer. A trainer will be able to assess where you are, where you want to be and the best way for you to get there. If a trainer won't work for you, then your local gym is your next best option. Ask to speak to someone about your fitness goals, then they can tell you which exercises are best for you, as well as which machines to use and how to use them.

There is more to body building tips for women than exercise. You also need to watch what you eat. A good rule of thumb is to eat foods that are as close to their natural state as possible. Be sure to get enough sleep so you are ready to take on the day, and to have enough energy for any exercising you'll be doing. Stay motivated, and you'll be happy with the results.

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### **Do You Really Need A Body Building Workout**

Does it seem as though you have tried endless diets, only to find little or no lasting success? If so, then you are not alone. The good news is that a body building workout is just the thing you are looking for. No, I'm not crazy and am certainly not suggesting you start entering bodybuilding contests. This isn't about trying to be bulky and muscle-bound, but rather about getting into shape, once and for all. Sure, you can always try to add lots of

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muscle mass if that's what you would like to do, but you can also use this type of workout to get toned and lose weight.

Regardless of what those pushing fad diets will tell you, models and celebrities don't look the way they because of diet alone. Their big secret--if there is one--is having personal trainers to develop a customized fitness plan, and to motivate them when they need it. Of course, not everybody can afford personal trainers, but a lot of gyms will have somebody on staff who can help you for free or a lower cost. At the very least they should be able to instruct you in the proper use of any equipment your using.

But, just as models and celebrities don't get in shape through diet alone, neither can you get in shape by just using a body building workout. In fact, it's a good idea to take a look at all of the elements of your current lifestyle. As long as you're trying to get fit, you may as well attack it from as many angles as you can. For example, if you drink too much or are a smoker, then it's time to kick those habits. It won't always be easy, but you'll feel great that you're improving your health in such a powerful way.

When it comes to a body building workout, you need to decide what your main goal is, as it will determine which exercises you will do most often. For the most part, if you are trying to build bigger muscles, then you need to lift more weight, but do fewer repetitions. On the other hand, if you want to be toned--to have more definition to your muscles without looking bulky--then doing a lot of repetitions, but with lighter weights is your best bet.

Healthy eating will help you see more impressive results from your workout efforts. The first thing you need to do is stop eating fast food. Next, try to eat foods that are as close to their natural state as possible; refined foods don't have enough nutritional value, and you need to take in calories that are high quality. Load up on as much whole grains, lean protein, healthy fats, and fresh fruits and vegetables as you like.

As you can see, a body building workout is about a lot more than just lifting a few weights. If you want to see real results, and stick to it, then you need to take a complete approach to improving your fitness. It may be

challenging, but once you look the way you want, you'll be glad you stuck with it.

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### Does Laser For Acne Scars Work - Depends On You

Most people probably think of acne as something that only happens to teenagers, but the truth is that it can affect people of any gender and virtually any age. Acne outbreaks are not any fun. However, they don't always lead to scarring. True, they sometimes can, but what usually cause the scarring is scratching, squeezing and picking at the sores and bumps that pop up. While acne scars are unsightly, and can have a negative impact on how you view yourself, there is some good news. There are several treatments available that can reduce the visibility of the marks that acne leaves behind. One of the newer methods is laser for acne scars.

Before we get into more details on laser treatment for acne scars, it should be noted that none of what follows is meant to be medical advice of any kind. If you have acne scars that you want to get rid of, then it's up to you to seek the advice of a qualified professional. You can use the information shared here to help you have a better discussion with your doctor.

There are two main types of laser treatments: ablative and non-ablative. We will look at each one in turn.

The ablative laser for acne scars have been around for a while now. Such lasers work by destroying the topmost layer of skin. This also burns away scar tissue, and the collagen in the skin then tightens in response. This tightening is what causes the acne scar to become less visible. There are some drawbacks, though. The treated area gets very red, and can be highly sensitive until it has fully healed. It's important to follow any post-procedure care instructions that your doctor gives you as well. You will most likely have dressings to keep clean, and an antibiotic ointment to prevent infection of the more exposed skin. Once the new skin cells replace the outer layer, wrinkles and scars will be lessened.

Non-ablative lasers, on the other hand, do virtually no damage to the top layer of the skin. They work through the stimulation of collagen. Where ablative laser for acne scars usually only requires one treatment, non-ablative normally needs to be done several times. However, it is less invasive, and has fewer side effects, so it may be a better option, especially if you have more sensitive skin.

There are not only different types of treatment, there are also different types of laser for acne scars. However, that would be a much too technical discussion for this article. What really matters is that you have a good foundation for talking to your doctor about getting rid of your scars. Knowing the difference between ablative and non-ablative lasers is a good start. The main thing is that while you may have scarring from acne now, there is no reason why you should have to put up with it for the rest of your life.

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### **How To Avoid Facial Hair Growth When Hormones Act Up**

Unless someone wants to become a circus performer most women do not want to have any type of hair on their face, though we all have some. A little facial 'fuzz' is ok if you have light colored hair, but for women who have darker hair that shows up more readily, this can be an embarrassing problem. For those women learning how to avoid facial hair growth is a very real issue.

Women who seem to have an unusually high amount of facial hair, or whose facial hair suddenly seems to be growing faster and becoming thicker and more noticeable, might actually be suffering from a hormonal imbalance.

As we age it's natural for the hormone levels in our body to decline, and since we have both male and female hormones, if this decline happens more to one hormone level than another (which it does) that could lead to increased amounts of facial hair growth.

There are also some medications which can cause your facial hair to grow more quickly and be coarser. Some medications for high blood pressure (which are also used to prevent baldness in men) can actually encourage hair growth on your face, so avoiding these medications may help reverse the problem.

Other physical issues can cause unwanted hair growth. Health issues such as obesity or even a tumor in the adrenal glands can spur facial hair growth. If you notice any health issues at all make sure you see your doctor right away. You may find that facial hair growth is just a symptom of a larger problem that needs medical attention.

When you do find more hair, or are just fed up with the hair you have always had, there are many options for removing it. Some of the most common are:

Hormone replacement

Shaving

Waxing

Laser

Electrolysis

Medications like Vaniqua

Despite claims to the contrary, many dermatologists claim that electrolysis is the only way to permanently remove unwanted hair. Prescriptions like Vaniqua have been shown to not work well for all women and since it is fairly new on the market, the long term effectiveness is not known.

As with most things, some techniques work better for some than for others. If you have unwanted facial hair your best bet is to work hand in hand with your dermatologist to find the best treatment, or combination of treatment options, for you.



It may take a little time to see the results you want so the sooner you start, the sooner you can deal with this issue once and for all.

If you have been dealing with unwanted facial hair your whole life, or if it is just another dandy side effect of getting older, you may still find out how to avoid facial hair growth by talking to a professional.

As soon as the problem starts to rear it's ugly little head, take a trip to your doctor to find out what your options are. And isn't it nice to know that you do have options?

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### Natural Acne Scars Remedies - Common Sense Prevails

Acne is one of those things that everybody seems to get at one point or another, and yet nobody really likes it. While some cases are mild, other cases are quite severe and can lead to visible scarring. So, not only do these people have to suffer through a bad outbreak of acne, they then have to live with the scars for the rest of their lives. Or do they? The answer to that is no they don't, or at least they can try any number of acne scars remedies that will minimize the scars that are there. Not all of these treatments will work the same on everybody, but they are worth trying if it means you can feel better about yourself.

One of the best known remedies for acne scars is citrus juice. You can apply the juice of a lemon or lime directly to the problem areas. However, some people find that pure citrus juice irritates their skin, so you may want to try different dilutions until you find the one that's best for you. Apply it once or twice a day for several weeks and see how much lighter your scars look. It can take quite a while, but if it just doesn't seem to be working for you, then you can try other acne scars remedies.

A lot of people swear by olive oil for making their acne scars less visible. In fact, there are any number of different oils that you can try. Simply massage the oil into the scar and the surrounding area, and let it sit. This helps to soften and moisturize the skin which can help diminish the visibility of acne scarring.



Here's a natural remedy for acne that you may not be familiar with: tomatoes! That's right. Tomatoes are high in Vitamin A which keeps the body from producing too much sebum, which is the substance that is largely responsible for acne to begin with. Tomatoes are also rich in antioxidants which are beneficial for repairing the skin.

One of the most soothing acne scars remedies is a mixture of rose water and sandalwood. Simply add a few drops of the rose water to the sandalwood until it is at a pastelike consistency. Then put the resulting paste directly on the scars and let it sit for about an hour. This is generally very gentle on the skin, so you can even leave it on as you sleep.

You have to be more careful if you are currently experiencing an acne outbreak, as you shouldn't let any foreign material (such as any of the above ingredients we've talked about) get into the sores. Not only can it be irritating, but it can also make the acne worse. However, if you need immediate comfort, you may want to try an icepack to help cool and temporarily tighten the skin.

While a lot of people have found success with the above acne scars treatments, you should always consult with a qualified medical professional before doing anything that has to do with your health.

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### Natural Ways To Make Acne Scars Fade - There Is Hope

Acne is a drag. Okay, that may not sound like a scientific description, but it's accurate enough. Most people probably think of acne as an affliction that only strikes teenagers, but the truth is that you can get it at any age. Not only is it unsightly, in moderate to severe cases, it can leave scars. Anything more than the most mild of scars will stick around unless you do something to get rid of them. The good news is that there are several different treatments that can help acne scars fade. Microdermabrasion, laser resurfacing, bleaching creams are a few of the more common examples. If these kinds of treatment make you nervous, then you may

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wish to opt for natural acne remedies first. The results may take longer appear, but they do work for a lot of people.

Before you start trying any acne remedies it's important that you clean your face. You want to get rid of any extra dirt and oil, giving the remedy a better chance of doing what it's meant to do. However, a word of caution is in order: even though you want to make sure your face is clean, you shouldn't clean it too often, or too vigorously as this will only make the situation worse. A common myth is that acne is caused by dirt, but it isn't, so excess washing doesn't do any good anyway. In fact, you can cause the skin to produce excess oil to replace what you strip away if you wash too frequently.

One of the simple home remedies to help acne scars fade is lemon juice. Simply squeeze the juice out of one lemon and stir it in with a cup or so of water. Put the resulting mixture directly on your scars for a few minutes each day (up to two times a day). You should start noticing gradual fading in a few weeks.

Some people like to use baking soda to make acne scars fade. This is typically mixed with a little bit of water to make a paste, and then used as a scrub. Rub it on the scars, but don't be too rough. Use a gentle circular motion for approximately 30 seconds, then rinse completely. This exfoliate the skin which helps smooth the skin and reduce the visibility of scars.

Various oils are used by a lot of people to help reduce scarring caused by acne. Typical oils for this purpose include rosehip seed oil, olive oil, and Vitamin E. Gently rub the oil onto the scar a few times a day. You can try leaving the oil right on the scar as it will work as a moisturizer while healing the skin at the same time.

As mentioned earlier, these natural remedies for acne may take longer than medical treatments. However, if they don't seem to work as well as you would like, be sure to talk to your doctor about other alternatives for helping your acne scars fade.

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## Secrets Of Body Building Women

The phrase "body building women" conjures up different images for different people. Perhaps the first thing that comes to mind is a woman who has good muscle tone, small waist, flat tummy and is well-proportioned. On the other hand, you may picture a muscle-bound woman with a physique that looks similar to that of a man. Regardless of what you think of, the truth is that most women who have huge muscles tend to take steroids. That's because the male hormone testosterone is needed to produce bulky muscles. However, we will be taking a more sensible approach to getting fit.

If you're a woman and would like to slim down and tone up, then joining your local gym and taking a bodybuilding course is a good idea. Getting a personal trainer who has experience with helping women, specifically, is also a smart move. After all, no matter how equal men and women are in some areas, they are quite different when it comes to biology. For example, women tend to accumulate fat deposits in different areas of the body, and would want to target those parts more than a man would.

"But what if I stop working out and all of my muscle turns to fat?" Believe it or not, this is a common concern amongst people who are not sure about working out. But you can put your mind at ease as it's physically impossible for muscle to turn into fat, or vice-versa. It would be kind of like believing a piece of chicken could turn into ice cream if you let it sit long enough. When you're working out, you tend to need more calories to fuel your body. But if you keep eating the same amount of calories, and stop exercising, then your body isn't burning off those extra calories and you'll gain weight.

That being said, it is import for body building women try to maintain a regular workout schedule. Once you reach a certain level, you may find it hard to lose more weight or get fitter. This is commonly referred to as reaching a plateau. When this happens you can either push harder (be sure to consult with your trainer) to get past it, or you can go into maintenance mode where you exercise just enough to stay at your current level.

Even though you will be focused on bodybuilding, you still should do cardiovascular workouts as part of your routine. Generally speaking, weight lifting will add tone and some muscle mass, while cardiovascular exercises will help you to lose weight and improve your overall health. If anybody tells you that you have to give up one form of exercise for the other, don't believe them; you can do both.

Body building women are not some sort of strange creatures that are meant to be ridiculed. They are simply average women who want to look their best and be healthy. You don't have to worry about looking like a man, but you can certainly feel great about looking your best.

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### **What Body Building Techniques Are Best For You**

Getting fit is big business. There are tons of books, videos, guides and websites that all promise to show you the real way to finally get into shape. The truth is that almost every one of can work to some degree. However, not all body building techniques will work for all people. So, if you have tried other programs in the past, don't give up. It's not your fault that you couldn't make them work for you. It simply means that they weren't developed for people like you. The good news is that there are plans out there for virtually everyone, it's just a matter of finding the right one.

In the meantime, however, you shouldn't use your search for the "perfect plan" as an excuse to not get into shape. To be blunt, that would be foolish. You need to take responsibility for your own health, and that includes your physical fitness. Okay, I know you didn't come here for a lecture, and that's not my intent. It's just another way of saying that it won't always be easy, and you will sometimes need motivation to continue following the body building techniques you decide to use.

Assuming you have tried other fitness plans, only to eventually stop following them, you know how hard it can be to stick with them. But why is that? As mentioned earlier, it's not your fault, the plan just wasn't right for you. The other reason you most likely didn't stick with it is that you didn't

have enough motivation. Let's face it, exercise isn't always the most fun thing to do. One solution is to get a personal trainer.

A lot of people balk at that idea because they think personal trainers are too expensive, or that only celebrities use them. The truth is that there are plenty of affordable trainers available. The benefit of having a trainer is that you will have somebody that can figure out what the best body building techniques are for you, specifically. They will assess your current state of health, and your abilities, then they will take that information and use it to help you reach your goals.

Unfortunately, not everybody has access to a personal trainer in their area. No need to worry, though. You can always go to your local gym and talk to somebody about your fitness goals. They should be able to tell you which exercises and body building techniques are best for you. Then they can show you which equipment to use, and which muscles they target. While this won't give you the same one-on-one attention that you would get from a trainer, it will be enough to get you on the right track.

Finally, there is one thing that will make the difference between failure and success: taking consistent action. You can follow the best body building techniques, but if you only do them a few times and then try the "next greatest thing", then you won't get to where you want to be. On the other hand, if you stick with it, and do so on a regular basis, then you'll be surprised at just how quickly you can reach your fitness goals.

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### Whats The Best Acne Scars Solution For You

Acne is the most common skin condition, and while it is normally thought of as affecting adolescents, the truth is that it can strike at any age. It may not be such a problem if its effects were temporary. However, acne can leave its mark. Perhaps that's why so many people are looking for an acne scars solution to fix their problem. The good news is that there are several treatment options available, depending on your specific scarring issues.

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Microdermabrasion is an effective solution that has been used by people across the globe. It is a skin treatment that helps to repair scarred, damaged skin, and has even been known to reduce future acne outbreaks in some patients. The procedure is done with a device that can be thought of as a fine particle sandblaster. It sprays small crystals around the face and agitates them. This agitation abrades of the dead outer layer of skin.

Each treatment can take up to a half-hour. The main side effect is red skin, with some people reporting soreness or tenderness. However, it usually takes more than one treatment to achieve the desired results. It can take five or more treatments, and each session should be at least a week apart to make sure the skin has healed enough to handle the next treatment.

Microdermabrasion is not the same treatment as dermabrasion. This particular treatment (dermabrasion) can work well for those who have rounded, shallow scars. Again, there are potential side effects, and not everyone has the same results from the procedure. Typically speaking, those with darker skin coloration will have a harder time seeing their desired results. The other problem is that it can lead to skin blotches or discoloration. Dermabrasion is done with a device that actually scrapes of the top layer of skin. Therefore, it can't be performed on those who currently have acne.

A local anesthetic may be applied to make the area numb. Dermabrasion can take 30 to 90 minutes and is usually done as an outpatient procedure. However, the recovery times are much longer than with microdermabrasion. The skin tends to be red and quite swollen after the work is done, and can take up to two weeks to subside. After that your skin will still be pink and this can last for as much as three months. There will also be many things you will have to do once at home to make sure there aren't any post-procedure complications. Then, after all of that, you still won't know what the final results are for a few months.

Another option for acne scars solution is laser resurfacing. This uses a laser to very precisely destroy the skin so new skin cells can regrow and

replace the damaged cells. While it's still a relatively new procedure, it is showing a lot of promise in the treatment of acne.

The information above is not meant to replace qualified professional advice. Therefore, you should always talk to your doctor about the treatments that are best for you.

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## **Your Best Body Building Programs**

If you have spent any amount of time looking into getting fit, then you know that there is a near-endless stream of advice about the best way to do it. Perhaps you have even tried several different plans to help yourself get into shape. It can be quite confusing trying to decide what works, and what doesn't. However, when it comes to getting healthy, body building programs should be incorporated into your routine.

Of course there is no shortage of various body building programs, either. The problem isn't that there is too much information, the problem is that far too much of it is made for a general audience. Now, that may not be a big deal if you happen to stumble on a plan that is targeting somebody like you, but that's a gamble at best, and can do more harm than good at worst.

Before you get the wrong idea about body building, you should know that it doesn't mean you will end up looking like some muscle-bound man who is more a freak of nature (well "freak of steroids" is usually more accurate). Instead, you will look more trim, toned and ready to take on the world. It's a way of looking your best--and more importantly--feeling your best.

So, you would like to start a program, but you're not sure what's best for you? There is a simple solution: get a personal trainer. If you are concerned about how expensive they, don't be. Sure, there are plenty of expensive trainers, but they tend to cater to celebrities and the wealthy. A lot of trainers have reasonable rates, and investing in your health is always a good idea. If you have any friends that currently have a trainer, then ask them for their recommendation.



You may also be able to find a personal trainer at your local gym. At the very least, you should be able to get some advice on the best body building programs for you. There should also be somebody at the gym who can show you how to properly operate all of the equipment and explain what muscles are being targeted.

One thing to keep in mind is that there is more to body building than just exercise and lifting weights. If you want to see real results, then you also have to watch what you eat. Don't worry, you can still enjoy all of your favorite foods, you just have to go about it the right way. You will be working out quite often, and the food you eat is what will fuel your body for your workouts. Fresh fruit and vegetables, whole grains and lean protein are all good choices.

Whatever body building programs you choose, the key is to get started. You don't have to wait until you find one that's "perfect", that would be a mistake. Also, it won't always be easy and it will take work, but it will be worth it once you see the results.

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### **Your Best Treatment For Acne Scarring Or Is It**

Acne is probably the most common skin ailment. While there are no concrete figures, it's safe to assume that it affect millions of people around the world. Furthermore, it can affect anybody, regardless of age or gender. To make matters worse, acne scars can be visible long after the acne itself has cleared up. There is some good news in that you can choose from more than one treatment for acne scarring. However, you should know that not all acne scarring is the same, and that means not all treatments will work in all cases. Therefore, you should be sure to talk to a qualified medical professional about the options that are best for you and your particular situation.

**Note:** What follows should not be considered medical advice. Instead, it is meant to be informational so you can have a better conversation with your doctor when discussing your options.

Dermabrasion has been around for a long time, and has been used successfully by many people. This basically involves the precise removal of the outer layer of skin and is typically performed as an outpatient procedure. The downside is that recovery is often painful, and can last several weeks. It also requires careful post-procedure care.

More recent developments have brought about an exciting treatment for acne scarring; namely laser resurfacing. It tends to be more expensive than dermabrasion, and not all doctors are yet familiar with how to do it. But the benefits are many. For starters it is more precise, and depth is more easily controlled. The recovery time is also much shorter than, and less painful than dermabrasion.

Chemical peels for the removal of acne scars are a better option for you if your scars are mild. In simple terms, it's applying acid to the face to get rid of the outer layer of the skin. Once the old skin is gone, healthy new cells start to grow to take their place. Some people feel minor discomfort, while others can't tolerate the procedure at all. That being said, a chemical peel can often be done in as little as 15 minutes, so it's quick (though it may take several sessions to achieve the desired results).

Deeper "ice pick" acne scars usually require more invasive methods. One uses a punch tool to cut out tissue, and then this is allowed to heal, or skin from another part of the body may be grafted in. There will be scarring, but the idea is that the new scarring will be much more controlled, and therefore minimized in comparison to the current scars. This is more invasive, but if you have severe scarring that is affecting your self-esteem, then it is definitely a viable option.

So, with all of the options that are available, it's really just a matter of finding the treatment for acne scarring that's best for you. Now that you have a better idea of some of the methods for reducing scars, you can talk to your doctor and get the problem fixed once and for all.