

MINIMIZE SKIN SCARRING

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By John Russell

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Whether caused by injury, surgery, or burn, scars can be disfiguring. Scars stand out against the rest of the skin because scar tissue is different than ordinary skin. As a result, scars usually take a different color. The severity of a scar depends on many factors including the size and depth of the wound, the thickness and color of the skin. Some people, especially those with deeper skin tones, have a tendency to produce prominent raised scars.

If you're like most people, you have few battle scars. Lifelong reminders of the time you wiped out on your bike at age 6, the knee surgery you had in college, a bad sunburn, or a recent run-in with a paring knife. Fortunately, many scars will fade in time; for those that don't, products like Rejuvenating Cream, distributed by IH Distribution LLC (www.ihdistribution.com) will help reduce or eliminate scarring.

Some tips for scar management and minimizing scarring:

DON'T wipe fresh wounds with hydrogen peroxide. The bubbles make it feel like something good is happening, but hydrogen peroxide actually destroys new skin cells that immediately begin to grow.

DO cover a cut. The old wives tale about allowing a "fresh" cut to breathe will actually not support rapid healing. A covered cut actually heals by as much as 50% faster. The moisture that builds up in a covered cut prevents formation of a hard scab, which acts as a barrier to the growth of new skin. The covering should be changed daily and an antibiotic ointment, which also prevents infection, actually speeds up skin's repair. After a week, replacing antibiotic cream with petroleum jelly keeps the skin soft, allowing it to grow optimally.

DON'T fall for the tale about treating with Vitamin E. A major study at the University of Miami has shown putting liquid Vitamin E on a wound actually impairs healing.

DO apply constant pressure on a fresh wound with a sterile bandage or silicone sheeting pad. Constant pressure actually helps to flatten the skin on both sides of a wound to reduce scarring.

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DON'T expose new scars to the sun. UV rays are detrimental to the healing process and actually cause skin discoloration, which highlights the scar. Always cover a scar or healing wound or use a premium broad spectrum sunscreen with an SPF of 30 or higher.

IH Distribution LLC (www.ihdistribution.com) distributes a premium product called "Take Cover for Face and Body". It's water resistant, PBA free and protects from both UVA and UVB rays. It is rated SPF 30+ and it formulated with antioxidant vitamins A, C, & E. It is both Pediatrician and Dermatologist tested, is guaranteed non-irritating and non-sensitizing.

DO gently massage the scar once the surface is healed. Gentle massage helps breakdown the dense bands of skin that attach to the underlying tissue, which is a common physiological reaction to

cesarean sections, appendectomies, and hand wounds. Once skin has grown over the site, gently massaging with a lotion such as Rejuvenating Cream by IH Distribution LLC (www.ihdistribution.com) is effective. Dr. Robert Bernard, M.D., Plastic Surgeon in New York, states gently massaging with an effective cream is one of the most effective techniques, early on, to minimize scarring.

DON'T ignore a scar that becomes inflamed, reddened, raised, or itchy. These signs may indicate an infection or allergic reaction to the antibacterial cream used or even the bandage.

DO ask your physician to eliminate stitches before they leave "track marks". Usually after a week's time, skin is healed sufficient for stitch removal and this prevents the little bumps that form on either side of the incision and can become permanent reminders.

Cosmetics applied correctly can also be ver good at covering scars. Stick with all-natural products that do not contain animal product or by-products or petroleum based formulations.

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Different Types Of Acne Scarring

By Angela Myers

Acne scarring is one of the most embarrassing skin problems faced by many. When acne damages the original skin or the hair follicle, the scarred tissues form a shape. This is known as acne scarring.

While there are many types of acne scarring, three of them are generally found : ice pick pore scars,

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acne out scars, and raised scars. Interestingly, these types were identified while in the process of classifying acne scarring which is of great help to doctors to diagnose and treat various acne scars.

The ice pick pore scars is the first type of acne scarring. These are big and deep scars with pores which are open. It looks like as if the skin was pricked with a sharp-edged instrument like the ice pick. When a deep pimple or a skin cyst damages the hair follicle through infection that reaches the top of the skin, it gives way to ice pick pore scars.

Acne pit scars are the second type of acne scarring. These appear as slightly depressed skin, with indentations. This type of acne scarring is a result of pimples or cysts which have damaged the skin resulting in the formation of scar tissue.

Raised scars, or the third type of acne scarring are formed when many big cysts are clumped together. This gathering of cysts result in the formation of a lump of raised tissue on the skin. Hence the name : raised scars.

One can prevent acne scarring. You should never pick, squeeze or pinch the pimples. You can even reduce the acne scarring marks, by using glycolic peels and other special creams which soften the scar tissues. Easily available in the market, these items improve skin texture too. Over and above this, acne scarring can be prevented or completely stopped with dermabrasion, laser resurfacing or collagen injections. These are some of the very effective choices you have. Some vitamins and minerals like Vitamins A and E and zinc also help in the reduction of acne scarring.

So don't let acne scarring come between you and your life. Take help from the steps mentioned above or you may decide to consult your doctor before you try any of these methods.

Angela Myers is a staff writer at

and is an occasional contributor to

several other websites, including

.

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