

How To Choose The Right Acne Treatment According NYC Dermatologist Dr. Michele Green

Acne affects up to 50 million Americans annually, according to the American Association of Dermatology Association. (AAD) It does not discriminate between age or skin tone, and severity can range from mild to severe cystic painful acne that leaves obvious scarring. Aside from appearance and pain individuals who suffer from acne oftentimes deal with reduced self-confidence because of their appearance.

Haute Beauty Expert **Dr. Michele Green**, internationally renowned NYC dermatologist, has over two decades of treating acne and acne scars in patients of all ages and skin types. To help effectively fight acne, **Dr. Green** recommends a combination of the best at-home acne-fighting skincare products, in-office treatments, and lifestyle modifications, to help you achieve beautiful, clear skin. Read on to learn more about all of the options when it comes to treating acne and acne scars according to Dr. Green.

In-office:

- Hydrafacial is a medical-grade “hydradermabrasion” device that carries out a patented three-part regimen – cleansing, exfoliating, and infusing skin with intensive serums. This gentle approach vacuums out the pores while simultaneously infusing potent active ingredients, which treats redness, brightens, and rejuvenating the skin.
- Blue light and red light therapy using LED-based blue and red light therapies help to kill bacteria which causes acne and shrinks the oil-producing glands. Dr. Green often utilizes this light therapy in conjunction with hydra facials.

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