

## Acne - Remove Milia That Look Like Whiteheads

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All of us want good-looking skin. Acne is the biggest obstacle in our effort. There are other skin problems that look like acne but are not acne. Milia is one of them. Milia are white spots on the face that can form at any age. Milia look like white pearls and most of us confuse them with whiteheads of acne. They are not whiteheads. So the treatment is different. Common acne treatment will not help remove milia but create more skin problems. Find out the difference between milia and whiteheads for a good-looking face.

Acne- what are whiteheads: whiteheads form when the dead skin cells, white blood cells, bacteria P.Acnes and sebum block the opening of the sebaceous glands. The gland has a closed mouth and this comedone is called acne. This acne troubles us because if it gets further infected, it can create scarring and spoil the facial skin forever.

Milia- milia is the accumulation of dead skin cells that is not able to get out of the skin. Milia has no infection like whiteheads and no bacteria or pus. Milia has no sebum in its formation. Our skin sheds dead skin cells everyday. Sometimes, when these cells cannot be shed out from the skin, they accumulate and form milia. When you extract a milia from the skin, you will only see white mass. They are dead skin cells.

Milia treatment- the only way to remove milia is to get them extracted from skin. Don't extract milia yourself if they are located on your eyelids. The best way to prevent milia is to get the top skin layer exfoliated regularly. Get microdermabrasion done regularly. AHAs are also good for removing the top dead skin cells regularly. Vitamin A derivative creams are also good to peel off the top skin layer. Consult your doctor about prevention and removal.

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