

Smoothing Skin Texture

Overview

From enlarged pores and bumps to textured skin and rough patches, the texture of the skin on your face and body can play a significant role in how you feel about yourself.

If your uneven skin texture is affecting your self-esteem, consider seeing a board-certified dermatologist. They can help smooth skin texture, leaving you with rejuvenated and more youth-like skin.



What is Uneven Skin Texture?

Uneven skin texture can happen for a number of reasons, including changes to the production of melanin by your skin cells. Too much leads to hyperpigmentation and darker patches of your skin; too little and you end up with hypothyroidism or lighter patches of skin.

Uneven skin texture may also result from:

- enlarged pores
- dry skin
- acne-prone skin
- freckles and sunspots

What are Some of the Causes of Uneven Skin Texture?

As you age, your skin loses its suppleness as collagen and elastin production decreases. These two proteins are essential for the bounce and youthful look of skin, and the loss of them as you age leads to thinning and wrinkling of your skin, changing its original texture.

Uneven skin texture can also occur for several different reasons, including:

- Genetics
- Environmental conditions
- Use of cosmetics and creams
- Exposure to the sun and UV light

Treatment for Smoothing Uneven Skin Texture is Safe When Performed by a Board-Certified Dermatologist

1. Alpha Hydroxy Acids (AHAs)

Commonly known as AHAs, your dermatologist may prescribe them at higher concentrations to peel the outer layer of your skin, improving your skin's overall texture and youthful appearance.

2. Retinoids

These vitamin A-rich prescription-based creams and gels are used to treat hyperpigmentation and the effects of aging, including wrinkles, leaving you with smooth, even-textured skin on your face and hands.

3. Chemical Peels

Commonly known as chemexfoliation, chemical peels are used to improve skin texture and reduce the presence of lines and wrinkles by using a selection of mild, medium, or deep chemicals to exfoliate the layers of your skin.

4. Microdermabrasion

This popular cosmetic procedure is used to treat acne, hyperpigmentation, sun damage, and scarring.

5. Laser Resurfacing

Laser treatments can help with uneven skin texture, especially if you have age spots or sun damage such as hyperpigmentation.