

## Open Pores: A Common Aesthetic Skin Concern

Manage enlarged open pores with the best cosmetic skin treatments offered at Skinlogics, [Best Skin Clinic in Noida](#).

The human skin has multiple tiny pores that represent the opening of ducts of the sebaceous/oil glands and sweat glands from deeper skin layers to the surface. Through these pores, the skin can breathe. They are found in all genders but vary in their occurrence across ages and ethnicities. Pores are usually almost invisible to the naked eye but can become prominent or enlarge because of many factors. These pores appear in different sizes ranging between 5-10 micrometers and 40-80 micrometers in diameter.

Open pores aka enlarged pores are a skin concern wherein the skin pores become more noticeable because of an increase in their diameter. These affect the skin texture to great extent and are considered a familiar cosmetic issue for people with both oily and combination skin types. Thankfully, there are ways to prevent or treat open pores and achieve youthful, glowing skin.

### Open Pores Causes:

The top reasons behind the occurrence of open pores are:

- **Excessive production of natural oils-** When there is a high density of sebaceous glands in a particular area, the excess release of sebum enlarges the hair follicle openings and gives an appearance of open pores.
- **Heredity-** Ethnicity and genetic predisposition are internal contributing factors for open pores.
- **Increased volume of the hair follicle-** Hair follicles are tubular structures. If the hair follicles are thick, they have bigger openings. When these get diluted with more natural oils, they give rise to enlarged skin pores.
- **Hormonal fluctuations-** The imbalance in hormones can make the sebaceous glands hyperactive and trigger excess sebum production, hence resulting in open pores.
- **Chronic acne-** The appearance of blackheads and whiteheads can clog the pores and the inflammatory acne can weaken sebaceous glands and follicular openings, thus resulting in the appearance of open pores.
- **Nutritional deficiency and Acute skin conditions-** Vitamin A deficiency and Chronic radio dermatitis are two rare causes of open pores.

### Open Pores Treatment Options Performed at Skinlogics:

As enlarged pores are the result of different underlying factors, they are challenging to be treated. However, open pores treatment in Noida performed at Skinlogics focuses on the primary triggers by minimizing the damage caused by aging and controlling excess sebum production. Following are some modalities that can either be performed as a standalone or as a combination treatment:

1. **Topical therapies-** These include applications of products containing Vitamin C, Tre-tinoin, topical nicotinamide, or alpha-hydroxy acids in prescribed dosage and direction as instructed by the dermatologist.
2. **Oral drugs-** These include oral retinoids, oral contraceptives, and antiandrogens (spironolactone) which treat hormonal imbalances causing open pores.
3. **Laser toning-** Q-switched Nd: YAG laser is an FDA-approved laser that can help minimize open pores by heating the dermis and boosting collagen remodeling.
4. **Chemical peels-** Alpha-hydroxy acids like glycolic acid and Beta-hydroxy acids like salicylic acid can be used to exfoliate the skin, renew the skin, and control excess sebum production, thus effectively treating large skin pores.
5. **Comedone extraction-** If there are blackheads or whiteheads, specialized tools can be used to extricate them and prevent the clogging of pores that subsequently widens the pores.
6. **Fractional Micro-needling Radiofrequency (MNRF)-** With the help of tiny needles pre-heated by radiofrequency energy, the skin can be injured and the heat can be transferred to deeper skin layers. This way collagen and elastin production can be stimulated, thus reducing the visibility of open pores.

All these treatments are performed at Skinlogics, under the supervision of [Best skin doctor in Noida](#) for best and safe outcomes.

#### **Skin-care tips to prevent open pores:**

Keep the skin clean and safe from the effect of sun or UV rays by following these simple tips:

- **Clean-** A gel-based, gentle, non-comedogenic cleanser must be used to wash the skin daily twice a day to help unclog pores.
- **Nourish-** A water-based, oil-free moisturizer must be applied daily after patting dry the cleansed skin to keep skin nourished and well-hydrated. Collagen-stimulating products like retinol can also be used.
- **Protect-** Before going out in the sun, do not forget to apply a broad-spectrum, waterproof sunscreen with SPF 30 above to avoid premature skin aging due to sun damage.

With these advanced treatments, open pores can be managed effectively. To get their benefits, schedule an appointment at Skinlogics, one of the **best and top skin clinic in Noida**.