

BYRDIE

Comedonal Acne Is the Most Mild Form of Acne—Here's How to Treat It

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If you have comedonal acne, there's no need to stress (because spoiler: stress can actually just make matters *worse*). According to board-certified dermatologist [Adarsh Vijay Mudgil](#), MD, **comedonal acne is the mildest form of acne**, with [cystic acne](#) being at the other end of the spectrum. In other words, as long as you approach your breakouts the right way, you should be able to clear them up—but that might be a little easier said than done. Acne isn't one-size-fits-all, and not all treatments work for all types of acne. Still following? To help break down this specific type of breakout, we turned to the experts. Mudgil, as well as board-certified dermatologists [Rayna Dyck](#), MD, and [Jessie Cheung](#), MD, lend their expert advice for identifying this type of acne so that you can correctly treat it and prevent it.

Treatment

Good news: there are many good options (both OTC and prescription) to treat comedonal acne. Dyck explains that most are considered comedolytics or keratolytics, since they not only soften and help clear existing comedones but also prevent changes in the pilosebaceous unit that can lead to new ones forming.

Try tea tree oil.



Briogeo B. Well Organic + Australian 100% Tea Tree Skin & Scalp Oil (\$32)

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Cheung recommends [tea tree oil](#) for the same reason as benzoyl peroxide: it kills bacteria. Not only that, but tea tree oil also calms inflammation. If you're using a formula that's 100% tea tree oil, like the Byrdie-favorite shown here, dilute it first with a carrier oil and apply it to the area as needed.