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Everything you need to know about whiteheads and how you can get rid of them

- Whiteheads are not as simple to get rid of as you might think.

- Whitehead is used incorrectly as a blanket term for any small blemish with a white center.

- Approach them with caution before you squeeze.

Noticing small white bumps descending across your face?

Those stubborn zits that look ready for the picking are called whiteheads, and you should approach these with caution before you give them a good squeeze. Whiteheads are completely unique in their formation and treatment, especially in comparison to other blemishes.

For more insight on these tricky blemishes, INSIDER talked to a few skincare professionals on their causes, and how to treat them properly.

First, let's establish what acne exactly is.

Before we get into whiteheads, we have to understand what acne is in general, and what causes it. According to Dr. Paul Jarrod Frank, celebrity cosmetic dermatologist and founder of [PFRANKMD](#), it is a disease of the hair follicle and the pores that lead to them in the skin.

"The process occurs when pores first become clogged," Frank said. "Acne is multi-factorial and has many different causes. Although acne has been blamed on everything from poor cleaning habits to greasy food and emotional stress, it appears that sensitivities to androgen or testosterone-like hormones play the most dramatic role. When glands produce too much oil, the pores can become blocked, accumulating dirt, debris, and bacteria."

According to dermatologists, there are a few ways to prevent whiteheads from forming.

Another way to keep your skin free of whiteheads is by improving your diet, according to Dr. Frank. He suggested minimizing your intake of dairy, sugar, and simple carbohydrates to reduce your risk of acne, and to replace these skin-wrecking foods with more proteins and vegetables that are rich in color.

"A diet that has a lot of dairy in it is 'pro-inflammatory' meaning that it can exacerbate any condition, like acne, that involves inflammation of tissue," he said.

If you're currently dealing with whiteheads, there are quite a few expert-approved ways to treat them. Here are some of the top whitehead treatment tips from our skin-care experts:

2) Use a cleanser for your skin type: If you have oily skin with blackheads and whiteheads, then Dr. Frank suggested using a 'non-acne' cleanser. "It can be beneficial because it will help to exfoliate the skin and balance oily skin, which can worsen the condition," he said.

4) Try LED skin therapy: This painless, non-invasive dermatologist treatment involves different colors of light triggering different reactions beneath the epidermis and penetrating the skin at varying depths, according to Dr. Frank. "Blue light is generally used to kill the bacteria that causes acne, providing an effective treatment for blackheads and whiteheads, whereas wavelengths of red light are normally used to speed up healing and stimulate collagen production, simultaneously shrinking enlarged pores and tightening the skin," he said.