

Rohini Zutshi

Age: 31 years

Acne/Pimples on face

History

I don't know how but one fine day I realized that my face was filled with lot of pimples. The pimples started with white pus and accompanied with pain. Both my cheeks had barely any plain skin left in them. I tried clearcil ointment but there was no sign of any improvement. When none of the creams available in the market worked, I thought of visiting a skin specialist. The doctor gave ^{me} a dose of antibiotics and another ointment. The medicines got over but the pimples were there as it is.

On one of my visits to Dr Sunil Mehra, whom I visited my son, the doctor enquired about my face and recommended that he can get back my skin to its original self. Having exhausted all my options, his words sounded like a balm of relief and I started my treatment with him.

Treatment: Doctor patiently explained to me the life cycle of these pimples and how they will slowly disappear from my face. He also explained the role of diet in the whole process and how the treatment could be expediated with my co-operation in terms of avoiding certain items in my diet.

Within few weeks, the results were visible and completely in sync as per what the doctor had told beforehand. First the frequency of new pimples started to decrease. After the new pimples had stopped, the existing ones started to flatten. Slowly the marks also started to lighten and subsequently disappeared.

After having tried so many things before, the whole process appeared like a MIRACLE.

Maintenance: The role of diet and the ^{intake of} food items like sugar etc. which doctor had advised to avoid during the treatment, have immediate effects; a fact which I never noticed before. Now that I am aware of it, by constant reminder at his clinics, I can notice a pimple pop up, after I have been little indulgent on my part.