

Read This if You Struggle With Acne

Dr. Jangid

Hair Transplant Surgeon

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Use face wash to clean your face. Whether or not you have acne, it's important to wash your face twice or thrice daily to remove dead skin, toxins, dirt and impurities, dead skin cells, and extra oil from your skin's surface. If you have oily face, use salicylic acid based face wash to clean your face. Don't use soap, because it can cause extra dryness on face. Avoid vigorous scrubbing your skin with scrubber or creams because it can cause micro-trauma to skin which may end up with redness and pigmentation.

Apply Moisturizer. Many acne products contain ingredients that are too oily or too dry to apply over skin. For acne prone skin, choose water based moisturizer. So it will not block the pores.

Use makeup sparingly. During active pimples, avoid wearing foundation, powder, or blush. Because these chemicals will block the pores and will further produce more acne.

Never try an over-the-counter product. Although acne is a common problem but never buy a product without discussing a doctor. These may contain steroids which may produce acne.

Avoid excessive oiling on scalp- Avoid using fragrances, oils, pomades, or gels on your hair. If they get on your face, they can block your skin's pores and irritate your skin. Use a gentle shampoo and conditioner which contain antifungal and salicylic acids. These will remove dandruff and oil from scalp which will help in prevention of acne.