

Tips for acne care

Dos

- Wash your face twice a day and after sweating. Perspiration can make acne worse, so wash your skin as soon as possible after sweating.
- Be gentle with your skin. Use gentle products, such as those that are alcohol-free. Do not use products that irritate your skin which may include astringents, toners and exfoliants. Dry, red skin can worsen acne.
- Wash your face with lukewarm water.
- Shampoo regularly. If you have oily hair, shampoo daily.
- Let your skin heal naturally. If you pick, pop or squeeze your acne, your skin will take longer to clear and you increase the risk of getting acne scars.
- Keep your hands off your face. Touching your skin throughout the day can cause flare-ups.
- Stay out of the sun. Tanning damages your skin. In addition, some acne medications make the skin very sensitive to ultraviolet (UV) light.
- Have a healthy life style
 - Eat healthy (water, vitamin C, Vitamin E rich food, antioxidants)
 - Be happy
 - Regular exercise
- Have patience. Antiacne medicines take atleast 6-8 weeks to start showing some improvement. It takes some more time to clear the acne and improve the pigmentation
- Maintenance: Once acne has cleared, maintenance is important as acne might recur if medicines are discontinued

Don'ts

- Scrubbing your skin can make acne worse. Avoid the temptation to scrub your skin.
- Avoid using over the counter creams (steroids, astringents, alcoholbased creams)

- Avoid front fringe hairstyle

If you have questions or concerns about caring for your skin, or the acne treatment, you should make an appointment to see a dermatologist.