

## Defeat acne with these tips



### Use gentle cleansers<sup>1</sup>

Use warm water and a mild facial cleanser, as harsher soaps can irritate inflamed skin.



### Always use a fresh washcloth<sup>1</sup>

Whether you're using it to wash your face or to pat dry after cleansing, never use a washcloth more than once before washing it, as dirty towels can spread bacteria.



### Get a noncomedogenic moisturiser<sup>1</sup>

Acne treatments frequently dry your skin, making moisturiser even more important. Be sure to pick one that has noncomedogenic on its label, as those are formulated to not cause acne.



### Avoid makeup where possible<sup>1</sup>

Foundation, powder and blush can worsen your acne situation - if you have to use makeup, be sure to wash it off at the end of the day.



### Avoid oils, pomades and gel for your hair<sup>1</sup>

These products can clog up pores if they get on your face. If you have long hair, keep it pulled away from your face.



### Leave your pimples and acne alone<sup>2</sup>

Picking or popping them will only lead to inflammation and a higher chance of scarring, so resist that urge with all your



### Change your sheets

Dirt and your body's natural oils can get on your sheets, which will rub off on your skin as you sleep.



### Avoid the sun

Ultraviolet rays from the sun can damage your skin and worsen the appearance of acne and acne scars. Use an SPF moisturiser and wear sunblock whenever possible.



### Don't pick your scabs

Scabs are there to protect your wound as it heals. Picking scabs off will only prolong the recovery process and increase the chances of scarring.

#### SOURCES

- <https://www.aad.org/public/kids/skin/acne-pimples-zits/helping-stop-pimples>. Last Accessed October 2019
- <https://www.aad.org/public/diseases/acne-and-rosacea/acne-scars#causes>. Last Accessed October 2019