

Skin & Hair Care for Acne Patients

Skin

If you have oily skin or severe acne, or have acne on the back or chest, it is recommended that you use an over the counter or prescription benzoyl peroxide (2.5-10%) or salicylic acid (0.5-2%) acne wash. It may not be necessary to use it every day, especially if you experience excessive dryness.

- Use it to cleanse the face once or twice a day with cool to lukewarm water.
- Do not use a washcloth, loofah, or other abrasive scrub.
- Rinse well.
- Note that benzoyl peroxide can bleach towels, bedsheets, and clothing if not rinsed well from the skin.

If you have dry skin, you may not need to wash your face at all unless you have combination skin (dry/oily) or wear make-up or creams during the day.

- Use a non-comedogenic (non-pore clogging) cold cream, gentle moisturizing face wash or non-fragrance containing soap to remove make-up.
- Use cool or lukewarm water to wash your face. Do not use hot water, as this can result in additional drying.
- Use a non-detergent containing cleanser if you feel it is necessary to wash your face at the end of the day.
- Do not use a washcloth, loofah, or other abrasive scrub.
- Apply moisturizer within 3 minutes of washing face to aid trapping of moisture.

Hair

No special hair products are necessary in acne.

However, many hair products – including shampoo, conditioner, hair spray, hair gel, pomade – may cause comedonal acne (ie, plugged pores) if they are accidentally exposed to the facial skin or if the hair has frequent contact with the skin. Such exposure will commonly lead to acne on the forehead, sides of the face, or neck (with long hair). Hair products that contain oils to create shine or for moisturizing the hair are especially prone to causing this type of acne.

It is recommended that you shampoo & condition your hair in the shower, followed by cleansing of the face in the sink with cool or lukewarm water.

Notes from your doctor

The information contained in this publication should not be used as a substitute for the medical care and advice of your physician. There may be variations in treatment that your physician may recommend based on individual facts and circumstances.