

# Skin and Hair Care for Acne

# DERM101

## Skin

**Oily 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 acne wash 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.

**Dry 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 makeup or creams during the day.

- Use a noncomedogenic (non-pore-clogging) cold cream, gentle moisturizing face wash, or fragrance-free soap to remove makeup.
- Use cool or lukewarm water to wash your face. Do not use hot water, as this can result in additional drying.
- Use a detergent-free 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 your face to help trap 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 (i.e., plugged pores) if they are accidentally in contact with 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 especially can cause this type of acne.

It is recommended that you shampoo and condition your hair in the shower and then cleanse your face in the sink with cool or lukewarm water.

## Notes from your doctor: