

dermatology

ASSOCIATES

GENERAL ACNE INFORMATION

Soaps: It isn't necessary to wash your face with anything special. It is only important to avoid soaps that contain a gritty, beady or sandy ingredient. It is also important to avoid perfumed or scented soaps as those may contain irritants or allergens. A plain bar soap is fine. Examples of plain soap are unscented Purpose, Neutrogena or Dove soap. You may use soaps that contain benzoyl peroxide but consult your provider first. Avoid facial scrubs but using a clean washcloth or your fingertips gently can help loosen impurities and help wash your skin thoroughly.

Moisturizers: Sometimes prescribed medications can cause dryness. Moisturizers or lotions are fine to use but make sure they are oil-free. DML is an example of an oil-free lotion that may be used. This product is available for sale in our office.

Diet: For the most part, diet does not have a direct effect on acne. It is a myth that chocolate, fried foods, etc., will cause breakouts. However, if you find that you do break out after eating a particular food, you should avoid that food. Women over the age of 25 may find that over-consumption of caffeine; alcohol or spicy foods may cause flaring, especially in the T-zone.

Sunscreen: It is recommended that sunscreen with an SPF of 30 or higher be worn by everyone during summer and fall. Acne patients should wear sunscreen in the form of a gel or spray rather than a cream or lotion.

