

Acne Care

Family Dermatology recommends this general program of care for acne-prone skin:

- Wash your face gently two times per day. Use the cleanser recommended by your Family Dermatology doctor. Do not use scrub brushes, scrubbing sponges or pads (such as Buf-Puf) or rough washcloths. Pat dry.
- Avoid moisturizers unless needed for dry patches. Use only non-comedogenic (not acne-causing) products on your skin.
- Do not pick, squeeze or scratch acne lesions. Doing so may delay healing and can lead to skin infections and scarring.
- Avoid getting hair products on your face. Use a paper plate to shield your face from hairsprays. At night, use a band or scarf to hold your hair off of your face.
- Choose only non-comedogenic, water-based foundation or make-up. In general, powder products are a better choice than creams or gels.

Be sure to follow any additional instructions given by your Family Dermatology doctor.

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