



Kathleen W. Judge, M.D.

Medical Director

*Diplomate American Board of Dermatology
Dermatology and Dermatologic Surgery*

ACNE SKIN CARE RECOMMENDATIONS

- Always use a fresh, clean washcloth to wash your face. A previously used wet washcloth will harbor bacteria.
- Do not aggressively scrub tender lesions as this may spread infection; be gentle.
- Do not squeeze, pick, rub or scratch your skin or the acne lesions. This may spread bacteria and damage the skin, delaying healing and increasing the possibility of skin discoloration and permanent scarring.
- Only a skin care professional should remove blackheads. Clarifying acne facials with extractions may help you achieve clearer skin.
- Follow our recommendations for your skin care and **be consistent**. Nothing works well if not used as directed.
- Shampoo hair at least twice a week. Keep hair off face, even while sleeping, as hair can spread oil and bacteria. Avoid using thick hair gels or oils.
- Wash sweat and skin oil off as soon as possible after sweating and exercising.
- Use thinner, water-based cosmetics or mineral powders instead of the heavier oil-based ones.
- If you need a moisturizer, we will be happy to recommend one for you.
- Keep from resting your face on your hands while reading, studying or watching TV.
- Try to avoid pressing the phone receiver on your face while talking on the phone. Clean your phone often.
- ClearLight acne treatment may be recommended for you. This is a safe wavelength of light that may improve certain types of acne.
- Do not use the sun to treat acne. Sunlight contains harmful ultraviolet radiation that damages your skin and can cause skin cancer.
- Microdermabrasion, chemical peels, skin fillers and laser treatments are sometimes helpful in treating acne and/or acne scars. Please ask which of these options might be helpful to you,
- There are also some minor surgical procedures done in the office that may help to remove more severe or depressed acne scars.