

TOP 8 ACNE TREATMENT MISTAKES

Mistake No. 1: Not Trying an Acne Treatment Long Enough

Skin is an organ and it can take some time for it to react to a new treatment, so try and keep to your chosen treatment and products for at least one month. Remember! It's **not** an infection, it's an inflammation. It can get worse before it gets better; and it is not uncommon for your skin to feel a bit irritated in the first couple of weeks of treatment.

Mistake No. 2: Trying Too Many Products at Once

Don't use or mix different brands or products. Often the active ingredients in one product line won't react well with the active ingredients in other products. When a skin condition like acne is self-treated it may accidentally distress the skin. This, in turn, can make the acne lesions bigger, and more likely to pigment and heal with spots and scars.

Mistake No. 3: Over-Scrubbing or Over-Cleansing the Skin

Scrubbing the skin will actually worsen acne as it can compromise the skin's protective barrier and increase irritation. This means that it is irritating the skin and giving more room for bacteria to form into acne. The scrubbing can spread the bacteria from your spots to the surface of the skin. It could also move the bacteria around, thus creating more spots. Skin is a natural absorbing organ and often whatever product is left leaves a residue that can be irritating.

Mistake No. 4: Choosing the Wrong Products for Acne-Prone Skin

Harsh cleansers, alkaline bar soaps, and alcohol-based products may worsen acne. Patients should look for "non-comedogenic" or "for acne-prone skin" products. Non-comedogenic products do not contain ingredients that tend to clog pores in people with acne-prone skin. Certain ingredients found in products such as cosmetics, sunscreen, and moisturizers are more likely to clog pores.

Mistake No. 5: Popping and Picking at Pimples

Touching the skin spreads bacteria and often makes cases of acne worse. People with acne often feel skin irritation and have a tendency to touch the affected areas. Touching the affected skin area should be avoided. Popping pimples often pushes the infected material deeper into the skin and causes the breakouts to be longer and more severe. Picking at pimples and breaking the skin opens the door to more infection. It also increases the likelihood of redness and scarring. The affected skin should only be touched with a washcloth or cleansing pad.

Mistake No. 6: Waiting Too Long to Seek Help

Many people are embarrassed by acne and related skin conditions and avoid seeking help until their skin is very irritated and infected. Medical professionals are skilled at diagnosing acne and figuring out the best course of treatment for each person. They can also prescribe medications if over-the-counter treatment is not strong enough to get rid of the patient's acne symptoms. Specialized clinics such as Skinpossible can offer laser resurfacing and deep chemical peels to treat severe cases of acne. Our staff are knowledgeable about skin types and will create a custom treatment plan for each patient.

Mistake No. 7: Over-Using or Under-Using a Prescribed Acne Medication

Patients should use the medication and products as instructed. Over usage will not help clear the acne, but can cause additional redness and dryness. Not sticking to a regimen delays any potential improvements. Half of the battle is consistency. Many people under use because they lose motivation after the first two weeks. They can't expect results overnight. You need to apply medication to the entire affected area that tends to break out, instead of spot treating. With spot treating, you haven't addressed the area next to it, where another pimple could be brewing. To keep skin blemish-free, most people need to continue usage with at least one acne product.

Mistake No. 8: Stopping the Use of Acne Medication Once It Clears Up

It is best to taper medication usage by using it less and less. For example, if you've been using it twice a day, use it once a day for a while, then once every other day, then twice a week, and then stop. It often takes acne four to six weeks to return, just like it took it the same amount of time for it to get better. Because acne is just the symptom of a bigger issue, such as hormones or environment, monitoring and maintenance is a vital part of keeping acne resolved.