

Self-Care Corner

Face facts about acne

Acne. It's embarrassing. It's annoying. And it's the most common skin condition in the U.S. Fortunately, acne can often be reduced with simple changes to your skin care routine, say experts from the American Academy of Dermatology.

For clearer skin, follow these tips:

- Wash twice a day and after sweating. Perspiration, especially when wearing a hat or helmet, can make acne worse, so wash your skin as soon as possible after sweating.
- Use your fingertips to apply a gentle, non-abrasive cleanser. Using a washcloth, mesh sponge, or anything else can irritate the skin. Do not use skin care products that irritate the skin, which may include astringents, toners, and exfoliants. Dry, red skin makes acne appear worse.
- Rinse with lukewarm water.
- Shampoo regularly. If you have oily hair, shampoo daily.
- Let your skin heal naturally. If you pick, pop or squeeze your acne, your skin will take longer to clear and you increase your risk of getting acne scars.
- Keep your hands off your face. Touching your skin throughout the day can cause flare-ups.
- Stay out of the sun and tanning beds. Tanning damages your skin. In addition, some acne medications make the skin very sensitive to ultraviolet (UV) light, which you get from both the sun and indoor tanning devices.
- See a skin specialist for the most current treatments.

