

Acne top tips

from The Skin Investment Clinic

Acne is a chronic disease – it can be controlled but not cured. Seeking and following professional advice and having the right treatment plan is key to getting and keeping it under control.

TIP 1

Seek professional advice from a doctor or medical professional promptly. The longer acne is left untreated, the more prone the skin is to scarring.



TIP 2

Don't pick! Picking the skin will prolong redness and cause excoriated lesions giving the sensation that the acne is not improving. Seek advice as there are ways to control this impulse. Excessive picking causes scarring.



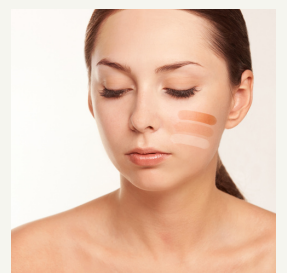
TIP 3

Eat a healthy balanced diet in terms of fibres, protein, carbohydrates, and fat. Keep the diet low in sugar and avoid refined sugars and alcohol.



TIP 4

Wear suitable make-up. It's OK to use make-up to hide acne lesions, redness, and scars but use a brand designed for acne-prone skin, non-comedogenic, and without perfumes.



TIP 5

Limit face washing. The more the skin is washed, the more it will try to produce more oil. Keep washing the face down to two times a day. Don't use a towel to dry the face - use a disposable towelette.



TIP 6

Limit sun exposure to during the early and late hours of the day. Protect the areas where acne is present. Too much sun can worsen signs and symptoms of acne. Include an oil free sun protection factor and be sure to wear it every single day.



TIP 7

Use a good moisturiser - one that is lanolin free, paraben free, and fragrance free.



TIP 8

Treat scarring early. Acne scars can be improved but not got rid of completely. Treatment is more effective at reducing the appearance of red acne scars as opposed to older scars.



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