



The Scoop on Acne: Top Tips and Busted Myths

Acne is a prevalent skin condition that impacts more than five million Canadians. There is no shortage of suggestions on how to handle it but very little of that noise is accurate or helpful. Worse, it can leave you feeling alone and helpless. You don't have to suffer alone: treatments exist! Book an appointment with our team today to create a plan that works for you.

Here are the go-to acne tips, and debunked myths, from our board-certified dermatologist, Dr. Burrows, to put you, and your skin, at ease.

Acne Dos and Don'ts

While there is no fail proof way to avoid acne, you can follow some easy dos and avoid some crucial don'ts!

DO:

- **Wash your face.** Use a gentle acne cleanser once or twice a day (no more!).
- **SPF. Every. Day.** If you need another reason to apply sunscreen: When you use acne treatment products, your skin is more sensitive to UV rays.
- **Look for “non-comedogenic” on labels.** Use makeup, lotions, and other skin care products that will not clog your pores.
- **Wash sheets and pillowcases frequently.** These surfaces absorb a lot of oil – which comes right into contact with your skin.
- **Wash your makeup gear.** Wands, applicators, brushes, and other makeup apparatus can store bacteria. Use an antimicrobial soap to cleanse them.
- **Explore treatment.** Doctors and board-certified dermatologists can demystify the root cause of your acne. Cosmetic treatments including BBL and RF Microneedling have effective acne applications.



DON'T:

- **Pop, squeeze, or pick!** It's hard, but resist the urge. Manipulating spots introduces bacteria into the tissue, leading to more acne and a heightened risk of scarring.
- **Scrub.** It might feel “satisfying” but it isn't helpful.
- **Feel alone.** Acne is a tricky adversary because it fools you into thinking you're isolated and different. Virtually everyone on the planet gets zits. Even if you have moderate to severe acne, you are not alone.
- **Stress!** Another “easier said than done” tip! Stress can worsen acne by getting your hormones all agitated.
- **Ignore it.** Acne isn't something you have to tolerate. Develop a plan with our board-certified dermatologists, to take action against acne.

If you are unsure of how to start managing your acne, let's talk: book an appointment today.

Acne Myths Busted

"You're eating French fries? No wonder you have acne."

"Just wash your face more."

"Suck it up, buttercup. It's part of being a tween/teen/young person."

"Everyone gets zits now and then. It's not a big deal."

These acne myths that really get under our skin! Here's why:

Myth: Greasy Food Makes It Worse

Reality: There is no – none, nada, zip – evidence connecting greasy foods to acne. Are there other reasons to keep grease out of your diet? Maybe. But having a side of fries isn't going to make you break out.

Myth: Acne Is Caused By Dirty Skin

Reality: Repeat this for the people in the back: Acne is not an indicator of poor hygiene. In fact, you've heard us say a few times now that excess washing can actually make it worse!

Myth: It'll Go Away Soon

Reality: For some, yes. For others, acne may clear but it can get worse before it gets better. If it gets better. It may not go away on its own, and the longer you suffer with acne, the greater the odds of scarring and permanent damage.

Myth: Acne Is for Teens.

Reality: While they are most impacted, anyone can get acne. Treatment is not based on one's age but rather on one's individual needs.

Myth: Acne Is... Contagious?

Reality: Yes, some people think that it is "catching" and you can get acne if you come into contact with the skin of someone with it. This is unequivocally untrue.

Myth: Tan It Away

Reality: Sun exposure and indoor tanning are not effective treatments for acne. While they can dry up lesions and surface-level oils and hide some spots, these are just temporary effects. UV exposure can cause flare-ups, and of course, long-term exposure can lead to skin damage, spots, discoloration, and the risk of skin cancer.

Myth: No Biggie.

Reality: Acne can be a very big deal to those who struggle with it. It can impact our emotional health. It is not just a skin-deep problem.

A Treatment that Works

Acne is a skin issue with too many false remedies that people spend hundreds of dollars on, with no results. That simply isn't good enough. Your skin shouldn't hold you back. Treating acne isn't impossible. Get a hold on acne with a treatment plan that works; book an appointment today.



Dr. Dianne Burrows is a board-certified dermatologist and fellow of the Royal College of Physicians and Surgeons of Canada. She is also a Clinical Instructor in the Department of Dermatology and Skin Science at the University of British Columbia.



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