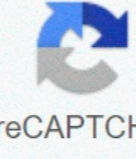


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Signs of pimples on face

Alot Health > Wellness A pimple can ruin your day, and a lot of acne may feel like it's ruining your whole week. You may stock up on facial cleansers that are supposed to exfoliate away the blemishes, but you may be doing more harm than good. A number of things can cause acne. Over-washing is one of those. You're removing your natural oils, and your skin may feel dry and produce even more oil - similar to over-washing your hair. Similarly, your skin may have too much oil because it's not washed enough. If you're the type to wash your face just right and use moisturizer after to ensure proper oil production, what else can you do? Well, acne is also your body's way of telling you that something is wrong. Depending on the position of the pimple, you may be having issues with dehydration, imbalance, or increased stress. Some of the most popular locations have been linked to health issues that can be solved pretty quickly. We've listed 15 of the most common places and the cause of the acne. Our list may help you go from blemished to beauty in no time! Click "Let's Begin" to start working toward clear skin. Acne issues on your forehead can indicate a number of things. It's one of the leading causes could be that you've been drinking too many caffeinated drinks or processed stuff. Swap that out with water. Another reason could be irritants in your stomach, which can be flushed out by eating a balanced diet. You should also try to decrease stress. If all else fails, try to keep hats, hair, and products away from your pores so dirt can't clog them up. If you're the type to walk around in the city or drive with your windows down, you should make sure to cleanse your face really well at night. You can also consider getting air purifying plants at home to help decrease pollution. The top of your cheeks is also a sign you could be getting too much sugar in your diet. Cut down, and you may notice a decrease in acne issues. Pimples that pop up on your lower cheeks could be a sign that you should improve your dental health. However, surface bacteria can often be the culprit. Make sure you sanitize anything that comes in contact with your face, including your smartphone, makeup brushes, and pillowcase. Also, try to avoid resting your head on your hand. If your gastrointestinal system is out of whack, you may get pimples in this area, especially if you have food allergens. Reduce the amount of dairy, red meat, and fast food you eat, and they may go away. It's also possible that you just need to wash your t-zone a little more than the rest of your face. If it's between your eyes and you wear glasses, they may need a proper sanitization. The nose is a little different than the t-zone. If you have persistent, stubborn acne on your nose, it could signify high blood pressure or liver dysfunction. Cutting back on alcoholic drinks and spicy dishes may decrease the amount of acne that appears. The primary cause of chin blemishes is a hormonal imbalance. This can be caused by a number of things. Getting enough sleep and eating a healthy diet is a great way to correct a hormonal imbalance. If that doesn't work, it could be something more. You should contact your doctor to have a few tests done. Above all, make sure you aren't touching your face unnecessarily because this can transfer dirt and bacteria from your hands to your chin. No one likes back acne, but you may be surprised with the cause. People that are having hormone issues often have problems with back acne, and it can be difficult to get rid of. As always, eating a proper diet with plenty of water can be one way to help rid your body of the blemishes. However, some patients may have to visit a doctor. Another reason you may experience pimples on your back is if your body wash, lotion, or laundry detergent is too harsh for your body. You may even be allergic to it! Pimples around the hairline are almost always linked to your hair products. Also known as "pomade acne," this type of pimple means your pores are clogged with product. One of the best ways to get rid of them is by keeping your skin clean and making sure your favorite shampoos and conditioners aren't preventing your natural oils and sebum from exiting your pores. Excess androgens often cause jawline acne. For women, this usually lines up with their menstruation cycle because androgens overstimulate your oil glands and cause pores. Switching birth control could be a way to control jawline acne. However, some researchers also believe that imbalanced gut health could cause jawline acne. Cutting foods high in carbs and dairy could definitely make those bumps disappear. Blemishes on your forehead are common, but your temples? You may be looking at bladder health. This mostly occurs when you haven't had enough water in your diet. To get rid of these pesky pimples, it may be as easy as just drinking eight to ten glasses of water per day to rehydrate yourself. Few things are worse than acne between the brows. You may feel like a unicorn, but you're not alone. This type of pimple is a signal you may have a food allergy. Foods that are difficult to digest, like fast foods, can also cause blemishes between the brows. Additionally, you can even get issues between the eyebrows after waxing due to ingrown hairs. Your ears are pretty sensitive, and a pimple can disrupt your whole day. This is your body's way of sending a clear message: drink more water. The ears are associated with your kidneys, and consuming a lot of carbonated and caffeinated beverages can cause breakouts - fast. If you're breaking out near the nose, but not quite far enough into your cheek, you may need to switch products. Makeup and other products can cause pore blockage, and this becomes especially important since the area around your nose can be extremely oily. Consider washing this area of your face with a gentle cleanser, and the blemishes may disappear. For women, blemishes around the lips could mean that your cycle is going to start soon. Birth control can often help deal with this type of acne. If that isn't the cause, you should bulk up on the amount of fiber that you eat each day. Acne on your neck isn't that common, but that just helps narrow down the causes. Many people get pimples on their neck if they're allergic to jewelry. Other times, it could be linked to thyroid issues or illness. If you're concerned with acne on your neck, it may be time to visit your doctor. Author Alot Health Team Last Updated: May 24, 2018 Skip navigation!The new SLMD Clear Out mask was developed, tested, and approved by Dr. Lee, who created a formula rich in sulfur, salicylic acid, and zinc oxide to gently exfoliate and eliminate acne-causing bacteria without over-drying the skin. The mask is suitable for all skin types, but it's especially effective on acne-prone skin — we're looking at you, pandemic-induced stress pimples and maskne.In her own clinical experience, Dr. Lee says sulfur is a "powerhouse" ingredient for treating acne. "It helps stop the growth of bacteria on the skin's surface while exfoliating and shedding dead skin cells," she explains in a video posted on the SLMD Skincare's website introducing the latest addition to her product line and the label's first-ever face mask. The mask — available on the SLMD website for \$34 — has a thick cream consistency and should be applied to clean skin in an even layer, avoiding the delicate eye area, per Dr. Lee's instructions. Leave it on for 15-20 minutes, then rinse with warm water, pat dry, and follow up with a serum or moisturizer of your choice. You can repeat the treatment up to two to three times a week, depending on how your skin responds.While this is the first mask to be released under the SLMD label, the brand does have a full range of products, many targeted towards fighting breakouts and other common conditions like hyperpigmentation and keratosis pilaris. Plus, if Dr. Pimple Popper's viral videos have taught us anything, it's that she's uniquely equipped to solve those chronic, seemingly unsolvable skin issues.At Refinery29, we're here to help you navigate this overwhelming world of stuff. All of our market picks are independently selected and curated by the editorial team. If you buy something we link to on our site, Refinery29 may earn commission. Advertisement Advertisement Advertisement When your skin looks like it's been adorned with a constellation of dark spots, it's time to call in a de-gunker. But what type of pore product you should use depends on if you're dealing with clogged pores or blackheads. "Many people, especially younger women, come into my office with complaints of blackheads, but then point to normal pores on their cheeks or nose," Shari Marchbein, a board-certified dermatologist in New York City, tells Allure. That's right (brace yourself): blackheads and clogged pores aren't the same thing.What's the difference?"Blackheads form when the opening of a hair follicle becomes clogged or plugged with dead skin cells and oil," Michelle Henry, a board-certified dermatologist and clinical instructor of dermatology at Weill Cornell Medical College in New York City, tells Allure. "This material gets oxidized by the air and appears black, hence the name blackhead."Blackheads are technically a form of acne, explains Marchbein. Called "open comedones," they pop up when a hair follicle (aka a pore) fills up with oil and p. acnes bacteria ("the primary bacteria responsible for causing acne," says Marchbein). "A common misconception is that they are caused by trapped dirt, but this is not the case," explains Henry.Clogged pores can look similar, but what's happening on the skin's surface — and, thus, how you treat it — is slightly different. Derms call these clogged pores "sebaceous filaments." "They look like blackheads as they can often appear on the nose, but they are not acne," explains Henry. Unlike a blackhead, sebaceous filaments are caused when the oil lining the follicle in a pore causes it to look larger. "Many people are sensitive to their pore size and feel these are comedones, but that is not correct," Marchbein says.Here's a quick rule of thumb: If the gunk pops out cleanly with the yank of a pore strip (or even Elmer's Glue, according to some experts), it's a blackhead. But if it doesn't, it's likely a sebaceous filament and squeezing won't help.How to treat clogged pores and blackheadsTo banish blackheads, "it is important to use products that are exfoliative or keratolytic," aka peeling agents, "to dissolve the plug causing the blackhead," Henry says. She recommends AcneFree Severe Maximum Strength Acne Spot Treatment + Redness Control Terminator 10 since it contains benzoyl peroxide, which is "a great keratolytic ingredient."Since blackheads are a form of acne, the more persistent cases might require the help of a derm via prescription retinoid. For a milder, over-the-counter version, we recommend the Best of Beauty-winning Differin Gel.Treating sebaceous filaments is a little trickier. While pore size is largely determined by your genetics—meaning you can't exactly shrink them so much as make them appear smaller — you can keep oil buildup under control using prescription retinoids or over-the-counter salicylic acid and glycolic acid "whether as a scrub, pad, or gel," says Marchbein. She recommends St. Ives Blackhead Clearing Green Tea Scrub.Unfortunately, the effects of pore-clearing scrubs and masks aren't permanent. Ultimately, pores "will fill back up because that's what pores do," Marchbein says.For more on pores:Now, see how acne treatments have evolved in 100 years: You've been told over and over and over again to avoid popping your pimples, no matter how tempting they might look. That advice goes for your entire face, of course, but doctors say that there's a particularly dangerous area on your face—colloquially referred to as the "triangle of death"—that you should definitely keep your hands off of. Here's what you need to know about what the "triangle of death" is, why you should avoid popping pimples in it, and how (if at all) you can pop pimples on your face safely, according to dermatologists. It takes a bit of imagination to identify the "triangle of death" on your face, but it's there: "The area of the face connecting the nose to the corners of the mouth is thought to be a particularly dangerous area of the face because of their close connection to the brain," Joshua Zeichner, MD, a dermatologist at Mount Sinai in New York, tells Health. The best way to see this triangle is to form one with your fingers—connecting the tips of your thumbs, and then the tips of your pointer fingers. On your face, the tip of your triangle is on the bridge of your nose, and the base of your triangle starts at either corner of your mouth, and extends across the bottom of your upper lip. RELATED: The 5 Best Acne Patches, According to Dermatologists The phrase "triangle of death" might sound a bit extreme when we're talking about pimple popping, but you definitely shouldn't take the threat lightly. "The cavernous sinus is the name of a large vein that drains blood to the brain, creating a connection from our outside to our inside," Dr. Zeichner says. In other words, the infection in a pimple on your nose has a somewhat clear path to your brain. For this reason, "any infection in that area is a little bit higher risk." Alok Vij, MD, a dermatologist at Cleveland Clinic, tells Health. "In the event that you pick a pimple and an infection develops, the worst-case scenario is that the infection spreads from the skin through this sinus [and] has the potential to infect the brain and even spread through the bloodstream to the entire body," Dr. Zeichner says. Therefore, picking at or scratching pimples on that area isn't wise, nor is pulling out your nose hairs in an unsafe way, since any of these actions can allow bacteria to enter that risky area of the face. Another reason to keep your hands off that particular region is because it's more likely to scar, Dr. Vij says. RELATED: This Viral Pimple-Popping Video Will Give You Nightmares Dermatologists figured out long ago that their plea to keep your hands away from your face will sometimes go in one ear and out the other. Sometimes, flattening a juicy pimple on your chin is all too rewarding. That said, while popping your zits still isn't recommended, there are a few ways to make the operation less high-risk. First of all, if it hasn't been made abundantly clear yet, just stay away from pimples in the triangle of death region. Anytime you reach for a big zit on your nose, remember the words "potential brain infection." But if you're absolutely determined to pop a zit that's, for instance, on your chin, consider your timing. "If you are going to pop your pimples, do not do it right before bed when you are tired. Think of it like a sterile surgical procedure," Dr. Zeichner says. In other words, this operation needs your full attention. Before you do the actual popping, thoroughly wash your hands, Dr. Vij recommends. He adds that you should make sure the spaces underneath your fingernails are clean, since bacteria are good at hiding there. Better yet, Dr. Zeichner recommends cutting your nails before you decide to take down a zit. Next, you should clean the skin of your face, and Dr. Vij recommends applying some warm compresses to it before you begin the picking process. You shouldn't pick the top of the zit off with your nails, Dr. Zeichner says. Instead, "apply even, downward pressure around the pimples," he advises. You should do this with one of two instruments: a cotton swab or the soft part of your fingertip. Of the utmost importance is realizing when to stop. "If the blockage does not come out easily, abort the mission," Dr. Zeichner says, adding that after-care is another crucial part of any successful pimple-popping quest. "After picking, apply a topical antibiotic ointment like bacitracin to any open skin," he says. To get our top stories delivered to your inbox, sign up for the Healthy Living newsletter

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