

POPSUGAR

What to Do When a Pimple Becomes the Guest of Honor on Your Wedding Day

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You've spent countless hours, days, and months tirelessly planning for your upcoming nuptials. You have every detail down to a T, only to wake up days ahead (or the day) of your wedding with a visit from a damn pimple. It sucks — that's a fact. A huge breakout marking its territory on your face before a big event can feel like a nightmare, but there are simple yet effective things you can do to minimize the blemish before you walk down the aisle. Not sure where to start when you're in a time crunch? We asked top dermatologists to share their go-to tips, so keep this tucked away in your wedding planning folder in case of a breakout emergency.

Whatever You Do . . . Don't Pick



The golden rule of getting rid of a pimple is to leave it alone. As hard as it might be to let a budding bump or nasty whitehead be, it's important that you do not pick at it, because fiddling with your flare-up can cause swelling and worsen inflammation.

If you can't resist, though, there are a few things to keep in mind. Dermatologist Alicia Barba, MD, suggests first checking to see if your blemish has puss. "Do not pick an inflamed bump without a clear 'puss head' as this will aggravate it for sure," she warned.

Next, she recommends using a mild, hydrating cleanser like the Dove Sensitive Skin Beauty Bar (\$10) to remove dirt and excess oil. (It would be especially helpful to wash your hands while you're at it.) Then, to remove the whitehead sitting at the surface, gently pinch the pimple and squeeze out the gunk.

Give Your Face Some TLC



Once you've safely removed the pustule, treating the area is key. Barba recommends applying hydrocortisone ointment to the infected area to help soothe inflammation. "Apply this up to three times a day," she said. "If time permits, mix the ointment with five percent benzoyl peroxide before bed so it works double time on redness and inflammation." (Consult with your doctor on the best over-the-counter hydrocortisone treatment.) As for benzoyl peroxide acne treatments, there are plenty of options available over the counter. One of our favorites is the Neutrogena On-the-Spot Acne Treatment Cream (\$7).

To give redness and inflammation an extra kick, dermatologist and founder of Skin Five **Ava Shamban**, MD, recommends mixing your over-the-counter cortisone cream with baby aspirin to heal a breakout faster.

Sweat It Out



So you've applied hydrocortisone three times a day and spent the nights leading up to your big day bathing in benzoyl peroxide. . . now what? If your pimple is still lingering, Dr. Barba recommends exercise. "Do at least 30 minutes of cardio," she said. "Your endorphins will kick in and reduce the inflammation." Exercise is an easy way to get blood flowing if you can't make it to a dermatologist for a shot of the good stuff, and it might even help you release the stress related to your breakout. So take a deep breath, throw on your sneakers, and sweat it out.

https://www.popsugar.com/beauty/How-Get-Rid-Pimple-Overnight-Your-Wedding-44958867?stream_view=1#photo-44959212