

How to Get Rid of Forehead Acne

Advice from the skincare pros (and what to do about it!).

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In not-so-breaking news: acne stinks. And is there anything more frustrating than forehead acne that feels like it's front and center for the world to see? It's one of the most common places for acne to pop up and while there are some obvious reasons why the forehead area is so susceptible to acne (hello, dry shampoo addiction), there are plenty of why-didn't-I-realize-that explanations, too. Below, we had some of the best dermatologists in the biz to give us their intel on the reasons you could be experiencing more forehead acne than usual — and what to do about it.

Using hair products

As much as we love dry shampoo, hair oils, and wave spray to experiment with different styles, many ingredients in hair products can trigger forehead acne. “This doesn't mean you don't need to use your favorite hairstyling products,” says Dr. Rachel Nazarian of Schweiger Dermatology Group. “Just make sure to wash your hair thoroughly in the shower,

especially before bedtime to prevent those ingredients from clogging your pores.”

You're not exfoliating

Sloughing off dead skin cells is normally associated with the colder months when your skin is flakey and dry, but it's just as important in the summer. “Between repeated applications of sunscreen, makeup, and sweat, it's essential to exfoliate your skin to make sure you're getting everything off your face at the end of the day — or dirt and grime gets trapped in your pores,” says Dr. Francesca Fusco, CLEAR dermatologist. Exfoliation too often can leave your skin feeling raw and irritated, so start with once a week and build up to two or three times a week once your skin is used to it.

Spending more time in the sun

Even though a tan can lessen the appearance of acne, it makes it worse in the long run. “The heat from the sun can exacerbate forehead acne since sweat builds up extra oil, which causes inflammation,” says [Dr. Ava Shamban](#), dermatologist and founder of [SKINxFIVE](#). “You don't need to avoid the sun, but be smart about wearing a sunscreen.”

Slathering on the wrong sunscreen

Speaking of sunscreen, there are unfortunately ones that can cause acne-prone skin to breakout.

“Be mindful of the ingredients and look for an oil-free sunscreen that’s non comedogenic,” says Dr. Shamban. “Usually gel-based sunblocks are great for not clogging your pores.”

Amping up your workouts

It’s never a bad idea to hit the gym for your regular run, but think twice before using a towel (especially one of the gym's complimentary ones) to wipe off your sweat. “Studies have shown that if you drape your towel over your exercise equipment, it can have as much bacteria as a toilet seat,” says Dr. Debra Luftman, dermatologist and Simple Skincare advisory board member. Scary, but true. Use a facial wipe instead or wear a sweatband around your wrist that you wash after every use.

Your hormones

Unfortunately, this one is sometimes out of our control. “Some birth control pills may trigger a flare of forehead acne, but even the natural hormonal fluctuations that come with age can cause a new round of acne, both in women and in men. Although frustrating, speak to your dermatologist if you feel like that’s what’s causing your new breakouts. There are topical and oral medications that can help treat this type of acne,” says Dr. Nazarian.

Wearing over-the-ear headphones

Rocking out at your desk to T.Swift is a great way to make the day go faster and drown out annoying coworkers. “The friction of the ear phones against your skin, however, coupled with the sweat and bacteria trapped on the cushioning, can cause breakouts around your temple and near your forehead,” says Dr. Luftman. “Wipe them down with a makeup remover wipe before using them.”

Having too much sugar in your diet

Summer is synonymous with carefree beach days and enjoying an ice cream cone on the boardwalk, but you might want to rethink your next sugar craving. “Too much sugar in your diet can make you breakout overall and you will probably notice the difference once you scale back,” says Dr. Shamban.

Sporting the same hat or headband

We love lazy Saturdays where you can put on a little tinted moisturizer, throw your hair under your favorite baseball cap, and call it a day. “But wearing a hat all day where sweat and makeup buildup gets trapped around the rim can cause breakouts,” Dr. Fusco. “This also goes for headbands that potentially slide down your forehead or brush against your forehead as you put it on. Make sure to wash all your cloth hair accessories regularly.”

You’re not washing your pillowcases

Pillow cases have contact with your hair and face for eight hours a night. “The bacteria and oils from our hair and mouth transfer onto our pillowcases and then our faces during the night — becoming another source of acne,” says Dr. Nazarian. Keep your pillowcase clean by washing or changing at least twice weekly.

<http://www.teenvogue.com/story/how-to-get-rid-of-forehead-acne>