

## 7 Mistakes That Are Making Your Acne Even Worse

January 12, 2017 By: Rachel Watkins

You may think you're doing all the right things when it comes to treating your blemish-prone skin, but you could be committing a few simple mistakes that are making your acne even worse. Consult this list of seven blunders that have a good chance of boosting your breakouts rather than stopping them in their tracks.

### 7. You're wearing glasses or sunglasses all the time



Glasses and sunglasses can increase breakouts | iStock.com/Siphotography

For acne-prone skin, glasses can provoke pimples. The frames can make it easier for oil, dead skin, and dirt to remain on the skin, thus clogging the pores, **Dr. Ava Shamban**, board-certified dermatologist and author of *Heal Your Skin*, tells Prevention. And, if you don't frequently wash your frames, the problem is only compounded.

Make sure to keep wipes nearby to clean your frames and skin throughout the day — especially during the summer months when you're switching between glasses and sunglasses.

<http://www.cheatsheet.com/gear-style/7-mistakes-that-are-making-your-acne-even-worse.html/?a=viewall>