

# Health

## The 5 Best Acne Patches, According to Dermatologists

By: Kathleen Felton | August 21, 2018



Between choosing the right acne-fighting cleanser and finding a spot treatment, tackling breakouts can be exhausting. But what if you could simply place a sticky patch on that pimple, go to sleep, and wake up with a drastically improved complexion? Acne patches promise to do just that.

"These patches are a type of hydrocolloid sheet that sticks to the skin," explains New York City-based dermatologist Debra Jaliman, MD, adding that they work by absorbing excess fluid for a "vacuum-like effect" that pulls dirt and oil away from the blemish. "Then, [the patch] converts those impurities into a gel-like substance that sticks to the patch and is sealed away from the face." Sounds weirdly satisfying, right?

These patches can be "extremely effective," according to [Ava Shamban](#), MD, a Beverly Hills dermatologist and founder of SKIN FIVE. "If you have a pimple, using these patches overnight is ideal."

Although not all acne patches contain active ingredients—the hydrocolloid material alone is often enough to zap oil from milder whiteheads—some are medicated with ingredients like salicylic acid or benzoyl peroxide that seep into skin and treat breakouts while you snooze. If you "want a little extra help with treating the breakout," Dr. Jaliman recommends a brand that has one of these ingredients.

#### 4 Peter Thomas Roth Acne-Clear Invisible Dots

Although they're usually worn at night, a monster zit may warrant an acne patch during the day. For daytime use, Dr. Shamban recommends looking for ones made of thinner material that will be almost invisible to the eye. We like these Peter Thomas Roth patches; in addition to being super lightweight and clear, they get a boost from salicylic acid.



#### 5 Dr. Jart+ Pore Master Patch

For a patch that packs a serious ingredient punch, Dr. Shamban recommends looking for one that also contains tea tree oil. Although they cover a larger surface area instead of just one spot (use them on your forehead, nose, or chin), these Dr. Jart+ patches deliver the skin-soothing ingredient and more: Sage extract, witch hazel, and coral powder work together to zap oil and reduce redness for clearer skin by morning.



<https://www.health.com/acne/acne-patch>