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Everything You Ever Wanted to Know About Skin Purging

By Wendy Rose Gould | April 15, 2019



“Clinically, the breakouts appear the same, however, we know it is a skin purge because of the association of the [new treatment] being used at the time,” says **Dr. Anna Guanche**, a board-certified dermatologist and founder of Calabasas, California’s Bella Skin Institute™. “In addition, if all the pimples showed up overnight, then that is a tell-tale sign of a purge. All the pimples should be relatively in the same state of healing and look the same or similar.”





How can I tell if my skin is purging or I just have a normal breakout?

Finally, if you're experiencing other side effects in addition to those mentioned above, it could also point to a non-purge-related reaction. A bad reaction to a product often leads to irritation, itchiness, redness, or a rash, notes Dr. Guanche. If you're not sure what you're working with or if you are having a reaction, consult with your dermatologist immediately. She or he can guide you through your skin's recovery process or suggest discontinuing what you're using.

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