



# HELLO GIGGLES

## The truth about how those trendy acne patches really work

By Joline Buscemi | April 29, 2019



That secondary benefit of preventing you from touching your face too much can be a skin saver for those who are chronic pickers or absent-minded touchers, no matter what type of breakout it is. But to truly benefit from acne patches, you need to use them on the right type of zit.

“These patches can be helpful for more superficial pimples—small whiteheads or pustules,” explains Dr. King. **Dr. Anna Guanche**, board-certified dermatologist and celebrity beauty expert, echoes her statement. “They work really well for cystic lesions and pustules, but do nothing for blackheads and underground bumps/congested pores.”

In my experimentation, I too have found that acne patches work best on raised pimples that have an open pore, an easy pathway for the insides to ooze out. If needed, I’ll safely pop the pimple before I apply the patch. So unless your goal is to stop yourself from touching it too much, only apply the patches to surface breakouts with a whitehead or opening. You can wear them whenever you want, but to get a good eight hours of wear, put them on before you go to sleep.



As mentioned earlier, one of the best parts of putting on an acne patch is taking it off. That's because, if it's done its job, you'll now have white specks on the patch where it had absorbed everything it's pulled out of your pimple. And no, it's not actually white because of the gunk in your whitehead. "The white stuff is just hydrated hydrocolloid. Moisture turns it white, kind of like chronic moisture turns the skin on your fingers white. The more moisture it absorbs, the whiter it turns," Dr. Guanche explains, much to my disappointment.

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