



Derms Finally Explain Why Zits Keep Coming Back to the Same. Exact. Spots.

By Rebecca Norris | June 3, 2019



If you're like me, you've grown pretty accustomed to breaking out in the exact same spot time-and-time again. And, I'm sorry, but what gives? I cleanse, tone, moisturize, and treat my face (and body) with top-quality skin-care products, so I'd really appreciate if that silly zit could just quit it. Sound familiar? I can't say I'm surprised. After all, it's pretty standard, albeit unfortunate, to experience recurring breakouts. While it's great to know that we're not alone in this pus-filled world, it's much more helpful (for our skin at least) to understand what's causing the frequent pimples in the first place.

"Zits that return in the same spot are usually cysts, or inflamed pimples deep in the skin," says New York City-based dermatologist Arielle Kauvar, MD. "Our pores are the surface of channels (or tubes) which start in the oil glands and interconnect with one main channel in a hair follicle. When the channels become blocked, excessive oil and bacteria cause inflammation and



expansion of the channel into a balloon-like sac that we can feel as a bump under the skin.” When these blockages occur deep within the channel, cysts form. Over time, those channels can become narrower, and even scarred, which predisposes the corresponding pores to become clogged and infected over-and-over again.

What may seem like recurring zits could actually be the same pimple taking its sweet time to fully go away. “There is redness and inflammation that needs to get cleared away with time,” explains board-certified dermatologist **Anna Guanche, MD**. She says that a proper skincare routine and retin A are excellent preventative measures, but once the pore is flared, she recommends using a spot treatment — we love ZitSticka Microdart Killa Patches (\$29). Now, onto the breakouts! Keep on scrolling to figure out how to troubleshoot acne wherever it appears on your face.

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