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## How to heal a popped pimple scab overnight

So you popped a pimple that was driving you crazy. (Yes, you know you shouldn't pop pimples, but sometimes you just can't help yourself.) Now, instead of a pimple, you have an angry red sore or a dry crusty scab. This article will discuss how to quickly get your popped pimple to heal. It will talk about various at-home treatments that will help soothe your popped pimple and avoid any scarring. First things first: You must allow the popped pimple to heal. That means no more messing with it. Don't squeeze it to see if any more will come out, even if the blemish develops a whitehead again. Don't pick at the scab. Let your skin start the healing process without being interrupted. As your skin heals, keep your hands off of it. If that's hard for you, there are small stickers called hydrocolloid sheets that may help. These are bandages that trap moisture and keep dirt and excess oil away from your popped pimple. If you've just recently popped the pimple, go ahead and give it a good cleansing now. You can use your regular facial cleanser for this as you're washing your face. Be gentle, though, and try not to knock off the scab that is trying to form. You can also use a touch of witch hazel on a cotton ball or swab. Carefully dab the popped pimple with this solution a few times a day, at least until a good scab forms. Again, don't aggressively rub at it or disrupt the forming scab. Although lots of people suggest cleaning a popped pimple with rubbing alcohol or hydrogen peroxide, those can sting. They also aren't as effective as witch hazel at reducing inflammation. If you've really gone to town squeezing at a blemish, you probably have a big, swollen, red bump on your face right about now. Ice is the best way to soothe it down and reduce inflammation. Use an ice cube or cold pack, either wrapped in a soft cloth or paper towel. Apply it over the swollen area for a few minutes at a time, several times a day. This will help take down the swelling and make your popped pimple look and feel a whole lot better. A warm compress may help too. If your popped pimple isn't swollen and already has formed a scab, icing the area won't do anything, so you can just skip this step. Treat your popped pimple like an open wound, because that's basically what it is. An over-the-counter antibiotic ointment is your best friend. Dot a tiny amount directly on the popped pimple or scab. This will help speed up healing time. It also keeps the scab moist, so it won't look as dry, crackly, and obvious. Keep a picked-at pimple covered with a small amount of ointment until it's fully healed. This can take a few days. Also, make sure you're only covering the pimple, not the skin around it (especially if it's on your face). Antibiotic ointment may clog your pores, so you want to keep it just in the area where it's needed. If you're using any over-the-counter (OTC) acne products or prescription acne medications, you should continue to do so. Most acne medications have antibacterial properties that should be helpful in getting the pimple to heal. If you treat your popped pimple well, it should heal within a few days. Try to be patient until this happens. If you need to heal a popped pimple, there are several things you can do. Avoid touching the scab so it has time to heal. Apply a small amount of witch hazel on the scab several times a day. Use your normal facial cleanser to keep the area clean. If the area is swollen, you can apply ice or a warm compress. Continue using your acne treatments. You can also use an over-the-counter antibiotic ointment to help heal your popped pimple. The best way to avoid facial scarring is to never pop your pimples. Popping a pimple increases your risk of developing acne scars, and can make acne worse. But we're all human, and most humans occasionally pop pimples. Still, try your very best not to squeeze your blemishes. If you have an overwhelming need to pop, pick, or squeeze your blemishes, to the point of causing damage to your skin, talk with your healthcare provider. You may have a specific type of acne called excoriated acne. Your healthcare provider can help you get the treatment you need. Also, if you aren't a compulsive picker, but still need help getting breakouts under control, you should give your healthcare provider a call. There are prescription medications that can help you clear up your acne. Frequently Asked Questions Does Neosporin help acne? No, Neosporin does not help acne. Corticosteroids like Neosporin are known to worsen acne, or in some cases, cause new acne to form. These medications are meant to treat a number of skin conditions by reducing redness, itching, and swelling, but they should not be applied to acne. Can you pop a blind pimple? It is possible to pop a blind pimple (cystic acne), but it isn't recommended. Popping any kind of acne can potentially make it worse, cause skin damage, and leave a scar. Cystic acne is often treated using oral antibiotics and corticosteroid injections. These methods of treatment are more safe and effective than popping. What happens when you pop a pimple? When you pop a pimple, the materials contained inside (sebum, bacteria, and dead skin cells) may unintentionally be shot into a follicle. If the walls of the follicle rupture, those materials can be sent to a lower layer of skin. This can cause inflammation and infection. You've probably been told that the number one rule of getting rid of a pimple is not to pick it. In reality, a zit rarely just disappears on its own. The scab you get from popping a blemish is the worst step in its life cycle. It's impossible to cover with concealer and seemingly takes forever to heal. It turns out that treating post-pimple scabs isn't that different from what you should do when you first notice the pimple: don't touch it. "Do not touch or pick scabs," says dermatologist Dr. Mona Gohara, an associate clinical professor at Yale University's Department of Dermatology. "It's best to keep it well lubricated because it gives the skin a chance to heal." RELATED: How to Completely Cover Up a Zit with Concealer It's important to keep scabs hydrated, but Dr. Gohara says to avoid using alcohol-based toners and harsh astringents on the area because these products can cause further irritation. Wearing sunscreen daily and adding a retinol to your skincare routine can help prevent scabs from leaving scars or dark marks, plus minimize future breakouts. We recommend RoC's Retinol Correxion Deep Wrinkle Anti-Aging Serum (\$18; Target.com), an anti-aging formula that'll also target acne. It's formulated with nourishing ingredients to minimize the potential irritating effects of retinol. VIDEO: 4 Foundations for Acne-Prone Skin As for what types of blemishes are more prone to scabbing, Dr. Gohara says that deep, cystic, painful, or hard ones most often cause inflammation, which can lead to itching, irritation, and the urge to pick. The best course of action is to treat the blemish right away with an antibiotic cream, or better yet, an in-office cortisone injection. Chances are, sometime in your life you've experienced at least one pimple on your face or body. Acne is especially common in young adults affecting about 85% of people between the ages of 12 and 24, but as you may know from experience, can occur at any age. The skin condition currently affects about 50 million Americans yearly. Besides the embarrassment of an inflamed red mark on your cheek or back, acne can be painful and frustrating. Once that pesky pimple shows up, the question that's always top of mind is – to pop or not to pop? No matter what type of pimple you have – whiteheads, blackheads, papules, pustules, etc. – don't pop it! Yes, even if it "ready." Picking or attempting to pop a zit can lead to pimple scabs, scarring, dark spots, and in some cases, even infection. Pimples are formed when sebum (excess oil) mixes with dead skin cells and clog your pores. Once your pores are plugged, swelling occurs. When you attempt to pop a pimple, (attempt being the key word), you're irritating the area, and will often make the inflammation worse. What Causes Pimple Scabs Pimple scabs normally occur shortly after a pimple is popped. Squeezing a pimple not only sometimes produces pus, but it can also a little bit of blood. When blood is present, scabbing is welcomed by the injury, but can often bring upon another unwelcomed spot on your face. Platelets break apart, and then come together to form a clot made of vitamin K, fibrinogen and calcium, all of which collects at the site of the injury creating an acne scab when hardened. They also protect the site of injury from bacteria to prevent infection and allow your body to regenerate skin cells and heal. Are you reading this a bit too late and are already left with a pimple scab or two? Then read on to find out how to get rid of pimple scabs as quickly as possible. Don't pick. To help prevent infection and scarring down the road, never pick a scab. We know, that's easier said than done, but the consequences of picking aren't worth scratching, or messing with the area. (Yes, even if it's itchy.) Give your body time to do its thing and heal naturally without interference for best results. Keep the area clean. It's extremely important to keep the area clean and free of bacteria. This way you won't run into a risk of infection and more inflammation. Use a gentle face wash morning and night and always keep your hands away from the scab. After washing, pat dry instead of rubbing the area to avoid the scab accidentally being torn off. Use moisturizers and topical treatments. Keeping your scab moisturized and using over-the-counter topical treatments will help to accelerate the healing process of pimple scabs. Use a light, noncomedogenic moisturizer to keep it moist. Also, try using an acne spot treatment with benzoyl peroxide. The ingredient will help to rid dead skin cells and gently exfoliate without irritating the scab. Conclusion The number one way to prevent pimple scabs is to treat your acne with the proper skincare and don't touch it! If you do end up creating a scab, don't touch it so your skin can naturally heal without leaving a scar. Keep it clean and apply a topical treatment to help exfoliate the area. Proactiv® has three systems (ProactivMD®, Proactiv+®, and Proactiv Solution®) that are proven to treat breakouts.





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