

Thought you'd seen the back of acne? Tips for reducing 'bacne'

Back acne, or bacne, is one such type of problem. While not everyone you meet will see your back, it can still cause distress and be prohibitive when swimming, communal showering, or changing in view of other people. It can also be a source of embarrassment when undressing for the first time in front of a partner. It can be unsightly, and if severe, it can be painful. The extent of the back acne can vary from person to person, just as people have different skin types and susceptibilities to acne. However, at its worst, cysts and modules on the back can cause severe pain, even when undertaking a task as simple as dressing. Back acne usually forms in teenagers after the onset of puberty. This is because the pores begin producing sebum. Just as on the face, if too much sebum is produced, pores can become blocked, bacteria can thrive, and acne can form. There are many other controllable variables that may contribute to back acne. These include sweat, consumption of oily foods, and stress. These factors should be limited as much as possible to avoid back acne formation. Furthermore, wearing tightly fitting, unbreathable clothes, or tight backpacks may aggravate the skin of the back, leading to inflammation and acne. Showering after physical activity, wearing loose-fitting clothes, and not wearing sweaty clothes for prolonged periods of time can all improve the problem. Allowing the skin to breathe by wearing loose fitting clothes means that sweat can evaporate easily. Usually, over-the-counter acne solutions, such as Biore, that work well for facial acne can also work well for back acne. Most products for back acne contain benzoyl peroxide, a well-known acne fighter. You can even use a stronger peroxide than you would use on the face, since the skin of the back is tougher. However, if it comes into contact with your clothes, benzoyl peroxide may cause bleaching. An effective treatment program could be as follows: wash the back gently with a mild cleanser. Pat dry with a clean towel and apply 10% benzoyl peroxide. Alpha hydroxyl lotions and other exfoliators may also be beneficial if back acne persists.

About the Author

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