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9 Things Your Dermatologist Wishes You'd Stop Doing

These habits are SO bad.



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Okay, it may sound dramatic, but there are major mistakes that derms see their patients make all the time. Here are all the bad habits they're talking about and why you should stop rn.

1. Not using shaving cream.

"Skipping shaving cream or gel is a near-guarantee for irritation," says dermatologist [Jeffrey Fromowitz, M.D., FAAD](#) — and it increases your chances of getting annoying shaving bumps. Try a yummy-smelling gel formula like Skintimate Moisturizing Shave Gel in Raspberry Rain. One way to up the benefits? Look for a razor with a moisturizing serum built in too, such as Schick Hydro Silk Razor, which moisturizes up to two hours after shaving.

2. Rushing through your skincare routine.

You get some cred for *having* a routine, but when you're late for class and breeze through the motions, it's capital T trouble. Here's why: You can easily end up skipping important steps, tugging on your skin, or unevenly applying products, says dermatologist Jessica Weiser, M.D.. This means breakouts, dry skin patches, or acne — which you then have to spend time covering up with concealer. So take a breath and slow down.

3. Having bad razor hygiene.

An old, dirty blade on your razor means you can get a not-so-good shave. To make things totally no-brainer, Schick Hydro Silk Shower Hanging Refills have a handy hook (and waterproof packaging) that lets you hang the pack right in your shower — so you don't have to get out of the shower once you're in it to replace your refill cartridge. Praise.

4. Getting overzealous with face wash.

You know when you just keep washing your face because you ~think~ it's going to clear up your skin? Well, washing more or scrubbing harder won't give you a flawless complexion. "Cleansing or exfoliating your skin until it peels, stings, or flakes can cause irritation and inflammation, which aggravates acne, prevents you from using the products that do help, and makes your skin look worse," says founding director of New York Laser Skincare Arielle Kauvar, M.D.. In other words, it's just a big ball of no. Stick to washing gently twice a day and using scrubs just once or twice a week — or not at all if you're very sensitive.

5. Picking pimples.

We all want clear, gorgeous skin, but seriously — stop popping pimples! It doesn't make them disappear faster. "Squeezing or self-extracting a blemish can actually make it worse or cause a larger skin infection," says Dr. Weiser. Plus, it can scar. So break out the concealer if you see any spots and soldier on. For a particularly big one, chat with your derm. They can do a sterilized medical extraction like you've seen on YouTube, or in some cases, give you a cortisone injection to reduce redness and swelling.

6. Not washing your face before bed.

You've been up all night watching *PLL*, so you skip taking off your makeup. It happens. But here's the thing: "Sleeping in makeup can clog pores and lead to acne," says Dr. Weiser. Using a face wash is best, but in a pinch, you can use face wipes with micellar solution, like Simple Micellar Make-Up Remover Wipes. They're packed with tiny oil droplets (the good kind) that remove makeup, debris, and excessive oils, while still leaving your skin hydrated.

7. Ignoring your neck and chest.

Your face is your main focus, obviously, but those cute off-the-shoulder tops show off your neck, chest, and shoulders in your selfies too. Time to up your skincare game. "I suggest treating the face, neck, and chest as one cosmetic unit because they are exposed to similar UV radiation, pollution, and weather elements," says Dr. Weiser. So whatever you're using on your face, take it on down to the top of your torso. This way you have one gorgeous dewy glow and no weird tan lines.

8. Skipping SPF.

You really need to be wearing sunscreen every. single. day. Even when it's cloudy out. Sunburns are a major beauty bummer, so definitely use a broad-spectrum sunscreen (meaning it covers both UVA and UVB rays) with an SPF of at least 30.

9. Waiting too long to moisturize.

Timing is everything. Miss the moisturizing window and you miss out on a lot of the benefits of using it in the first place. Do it *right after* you get out of the shower to lock in moisture and make you look like a goddess with baby-soft skin.

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