



## Acne and why it must be anti-inflammatory!



Inflammation and acne can be a great friend. Whenever your pores are clogged for a long period of time, acne bacteria multiply inside the hair follicles, causing white blood cells to kill the bacteria, and this process leads to inflammation of the hair follicles so that your otherwise closed pores gradually become swollen and bulge upwards, giving rise to the acne that we usually see.

Skin problems such as pimples, pustules, acne marks, and redness of the facial skin are not unfamiliar to cuties who have frequent acne. So what do we do when such problems appear? First we need to know what inflammation is!

What is inflammation

Inflammation is the defense reaction of living tissues with an important vascular conducting system against damaging cytokines. It is what we usually call "inflammation", an active defense response of the body to environmental stimuli, manifested by redness, swelling, heat and pain.

Inflammation

Inflammation is most prominent on the surface of the body, usually characterized by redness, swelling, heat, pain and dysfunction.

1. Redness: It is caused by congestion of the inflammatory lesion. In the early stages of inflammation, the arteries are bright red because of congestion and increased local oxygenated hemoglobin. With the development of inflammation, blood flow is slowed, stasis is stagnant, and the reduced hemoglobin in the local tissues increases, so it is dark red.

Swelling/ mainly caused by exudate, especially due to inflammatory edema. Chronic inflammation, tissue and cell proliferation can also cause localized swelling.

Heat/ heat is caused by arterial congestion and increased metabolism. Fever can be caused by the secretion of interleukin 1 (IL-1), tumor necrosis factor (TNF) and prostaglandin E (PGE) by white blood cells.

4、 Pain: The factors that cause localized pain associated with inflammation are related to the analysis of multiple influencing factors. In addition, the inflammation of the organ is enlarged, so that rich in sensation is the nerve endings of the peritoneal membrane tension can be increased, the nerve endings by pulling and cause patients to pain.

5. Functional disorders: such as degeneration of parenchymal cells in the inflammatory foci, necrosis, metabolic abnormalities, mechanical obstruction, inflammatory exudate compression and so on. Pain can also affect the movement of the limbs.

Once we know what inflammation is, 暗瘡消炎藥 what we need to do is simple: "anti-inflammatory" and "anti-inflammatory". For skin types such as compromised skin barrier, acne-prone skin, and sensitive skin, effectively reducing the inflammatory response to acne and minimizing irritation is a top priority.

Prevent acne inflammation by paying more attention every day

1. Try to protect the skin barrier from damage, avoid acne and wound infection, and protect the integrity and cleanliness of the skin.

2. Exercise more, supplement some vitamins, and improve the company's own body immunity.

3. Wash your hands frequently to keep clean.

What should I do if my acne is red, swollen and inflamed?

1, since we have warned not to carry out the destruction of the problem skin barrier, then for some enterprises cleaning work strength needs to be particularly strong cleanser, 暗瘡消炎藥 hand soap can not be used. Suggested acne muscle use conditions mild cleanser, acne face wash strength, action to be gentle, so as not to rub broken acne.

2, the old saying repeated a thousand times, do not use your hands or tools to squeeze acne, once the acne inflammation even if you do not squeeze will leave a temporary red mark, but as long as you do, there is the possibility of leaving a difficult to recover acne.

3, unless necessary, after the acne to stop make-up, because cosmetics contain a lot of chemical irritants, may aggravate the inflammation of the acne, and block the pores to stimulate the sebaceous glands, so that the skin deterioration.

When you go out, pay attention to sunscreen, anti-ultraviolet rays, bright and refreshing light sunscreen is more suitable for acne skin.

5, ensure sleep, the human body in sleep can get better absorption and repair, to ensure the body's normal metabolism, reduce the possibility of endocrine disorders.

6, the essence of acne inflammation is in the lesion, 暗瘡消炎藥 once the care management is not appropriate will produce continuous development and deterioration, serious damage to the skin tissue, leaving difficult to repair acne pits, acne scars. This stage requires scientific and cultural care, can not avoid blindly seeking the so-called "prescription" for effective treatment, should actively seek formal financial institutions between the research and treatment.

Related articles :

炎症性暗瘡讓人擔心，到底怎麼做才能消炎？

How to scientific facial acne inflammation 3 ways to easily repair acne

What exactly should I do about my aunt's acne, blackheads and breakouts?