

# Now That You Are Clear

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Maintaining consistency with as many of the following factors as possible will help your skin stay as clear as possible. You have put in the work to get clear, you deserve to stay clear.

- **Continue to use your home care products just as you have been using them. This is critical, and the single most important thing you can do to remain clear!** Remember, acne is never cured, only controlled. It's the consistent use of your products that will keep it controlled. If it's not convenient for you to come in to purchase products, you can purchase online.
- Come in to see us for a professional treatment at least every two or three months to keep your skin optimally healthy and exfoliated.
- Stress is a key aggravator of acne. Get plenty of sleep and try to manage stress as much as possible.
- Drink lots of water and watch out for foods that may aggravate acne-prone skin. This can include iodine-containing foods (kelp/seaweed, most salty foods, sports bars/drinks), peanut products, and dairy products. Moderation is key!
- Continue to check the ingredients of any cosmetic, face or body product, shampoo or conditioner for acne-aggravating ingredients. Refer to the pore clogging ingredient list we provided you.
- If you experience new break-outs (and you have been using your products consistently), let us know so we can determine if your home care products need to be adjusted.
- Avoid using fabric softeners (liquids or dryer sheets) on anything that comes in contact with the area where you are acne-prone.
- Avoid anything that creates heat or friction on the skin (backpack or handbag straps), resting your face in your hand, and excessive use of hot tubs or saunas. Make sure you clean caps or visors after wearing them.
- Wear sunscreen **EVERY DAY**.

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