

Face washing 101

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1. **Use a gentle, non-abrasive cleanser** that does not contain alcohol.
2. **Wet your face with lukewarm water and use your fingertips** to apply cleanser. Using a washcloth, mesh sponge, or anything other than your fingertips can irritate your skin.
3. **Resist the temptation to scrub your skin** because scrubbing irritates the skin.
4. **Rinse with lukewarm water and pat dry with a soft towel.**
5. **Apply moisturizer** if your skin is dry or itchy. Be gentle when applying any cream around your eyes so you do not pull too hard on this delicate skin.
6. **Limit washing to twice a day and after sweating.** Wash your face once in the morning and once at night, as well as after sweating heavily. Perspiration, especially when wearing a hat or helmet, irritates the skin. Wash your skin as soon as possible after sweating.

If you have questions or concerns about caring for your skin, you should make an appointment to [see a board-certified dermatologist](#).