Repair a damaged skin barrier

Follow these steps from the article while the skin recovers.

- [ ] Wash with warm water, not hot water.
- [ ] Use a soap-free, fragrance-free cleanser.
- [ ] Massage the cleanser on, then rinse without over-cleansing.
- [ ] Moisturize with ceramides, fatty acids or lipids.
- [ ] Pause scrubs, retinoids and strong exfoliating acids.
- [ ] Pause acne treatments when the skin is broken.
- [ ] Do not pick or pop pimples.
- [ ] Wear sunscreen every day.
- [ ] See a dermatologist when an underlying condition is involved.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/skincare/damaged-skin-barrier/