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Skin Care



What are the characteristics of choosing a moisturizer for oily skin?

Individuals with acne-prone skin have to use a moisturizer with these characteristics to prevent acne breakouts:

- ✚ Choose the **water-based** moisturizer (oil-free).
- ✚ Non-comedogenic.
- ✚ Lightweight moisturizer that doesn't lead to clogged pores.



What are the guidelines for manage the oily skin?

1. Wash your face every morning, evening, and after exercise: try to avoid skin scrubbing, or cleansing makeup hard as it irritates the skin and worsens it.
2. Use oil-free skin products marked as non-comedogenic. Makeup, cleansers, and moisturizers that are labeled as oil-free are less likely to cause acne and clog the pores.
3. Use gentle foaming cleansers. Using a strong face wash can irritate your skin and increase the production of oil instead of drying it out.
4. Avoid oil or alcohol-based face wash because it irritates the skin.

What are the guidelines for manage the oily skin?

5. **Daily Moisturizing of the skin.** Applying moisturizer is so important for all skin types to keep the skin hydrated and protected. It's preferred to avoid any products that contain perfumes or oils.
6. **Wearing sunscreen outdoors.** Sunscreen protects your skin from age spots, wrinkles, and skin cancer. Individuals who have skin prone to acne, it's better to choose sunscreen that contains titanium dioxide and zinc oxide. Furthermore, it's preferable to use sunscreen with a sun protection factor (SPF) of 30 or higher.
7. **choose oil-free, water-based makeup.**



What are the bad habits to deal with oily skin?

- ✚ Intensive care and frequent face washing may expose the skin to irritation and acne flare-up.
- ✚ drying out the skin by increasing daily care products, such as astringent products, acne treatments, and scrubs that contain alcohol, which leads to exacerbation of the condition. Therefore, it is important to follow your dermatologist's plan to have healthy skin and prevent the irritation and acne breakouts.
- ✚ Do not use moisturizer for oily skin: this is not true, it needs moisturizing because making oily skin moisturized will balance its production of sebum, thus making it less oily. When oily skin is not moisturized, this stimulates the skin to compensate for this by increasing the secretion of sebum.

What are the bad habits to deal with oily skin?

- ✚ Making social media a source for knowing the appropriate care routine: this is not true, and this may lead to an adverse effect on the skin, as the increase in the number of products used may exhaust the skin. If there are no skin diseases, it is recommended to use only 3 products, including lotion, moisturizer, and sunscreen.



What is the oily skin care routine?

Morning care routine:

- A gentle foaming cleanser to remove impurities and excess oil without affecting the skin's natural barrier. It must contain exfoliants such as salicylic acid.
- Followed by a water-based moisturizer (oil-free cream).
- Apply sunscreen to protect the skin from sun damage, with a water-based formula that suits oily skin
- Use clean brushes for oil-free makeup

Night care routine:

- Makeup remover with a water-based formula (oil-free)
- cleanser
- Topical acne treatments



Sources and References:

All pictures used from canva.com

Review and audit:

The content of this booklet was reviewed by consultants of the Dermatology Department at King Fahd University.

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