

Forum:[Hack Forums](#)

Thread: [What do you do when you have pimples and bad acne?](#)

ryanzde - October 29, 2025, 10:38 pm

I'm at that stage in my life where acne is a problem and its out of control. I've tried multiple different face wash, and it has helped moderately but has not solved the problem. Any suggestions for clear skin?

Respect - October 30, 2025, 12:30 am

It's by far mostly caused by diet. Avoid sugar, highly processed foods, seed oils, and things of that nature.

Avoiding touching your face is huge too, as your hands naturally build up oil and dirt throughout the day.

Clean bed sheets, clean laundry, take vitamins and minerals that focus on skin such as Vitamin A, B, C and D and E.

All of these things combined will help alot. I'd also recommend scheduling an appointment with a dermatologist, as they can prescribe medicine, shampoo, face wash etc that is only available with prescriptions.

If you're young, it's somewhat inevitable but there are things you can do to help

JoshAllen - October 30, 2025, 2:45 pm

(Oct 30, 2025 12:30 AM)Respect Wrote: [CITE](#) It's by far mostly caused by diet. Avoid sugar, highly processed foods, seed oils, and things of that nature.

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While true, acne at this stage in life is most likely puberty.

Deany - October 30, 2025, 2:49 pm

I just slap my face with cold water

onlineuser | D3RFER - October 30, 2025, 2:52 pm

I'm surprised no one mentioned stress yet.

JoshAllen - October 30, 2025, 4:25 pm

Oxypads in my teen years always helped a lot.

If you ever have any specific areas, pimple patches.

B3A - October 31, 2025, 4:54 am

Multiple face cleaning thorough the day, different towels or wipes , avoid oily products and always keep clean hands before touching

Bollegies - November 5, 2025, 12:06 pm

Visit a dermatologist and ask them about accutane! cleared my acne for life!

ryanzde - November 22, 2025, 4:39 pm

Hey thanks for the advices friends will give them a try.

JoshAllen - November 24, 2025, 9:38 am

(Nov 22, 2025 05:39 PM)ryanzde Wrote: [\[CITE\]](#) Hey thanks for the advices friends will give them a try.

Good luck! Keep us updated!

NikkiBee - November 24, 2025, 10:07 pm

Try adding more water intake to your daily regimen.

Wilmer - November 28, 2025, 9:08 am

May or may not help you but I've just recently learned that younger girls put those little stickers on their faces to cover that. I never thought much of it and just guessed it was a fashion thing.

mobilemikie - November 28, 2025, 12:02 pm

(Nov 28, 2025 10:08 AM)Wilmer Wrote: [\[CITE\]](#) May or may not help you but I've just recently learned that younger girls put those little stickers on their faces to cover that. I never thought much of it and just guessed it was a fashion thing.

Bahaha, that shit looks so dumb. Everytime I see a streamer online with a sticker on her face, I shreek, I cant believe this has really turned into a trend

sharn - November 30, 2025, 11:33 am

Drink plenty of water throughout the day.

Focus on eating more vegetables and cutting down sugar.

Tyr - November 30, 2025, 1:05 pm

Water and sun work miracles. Over time they go away from my own experience.

ryanzde - December 10, 2025, 9:18 am

I ended up buying some stuff from the medic, we will see if it helps.

Yakless - December 10, 2025, 9:30 am

How did no1 suggest a face scrub in the shower followed by salicylic acid + Benzoyl peroxide 10%

MoOne - January 23, 2026, 12:43 am

Could be a load of things, diet, stress, dirt etc.

If you're young it's probably just hormones and you have to ride it out, try not to touch or pop anything cause they will scar. But don't worry about it too much. Eating better and seeing the sun definitely helped me, also always found my skin to be real nice after going to the beach. Must be the salt water