HOW DO PIMPLE PATCHES WORK? EVERYTHING YOU NEED TO KNOW

Pimple patches have fast become one of the most popular skincare hacks due to the way they effectively target blemishes. Containing active ingredients such as salicylic acid and niacinamide, these saturated patches allow you to treat a pimple without drying out or irritating the rest of your skin. Great news if you have a sensitive skin type. Pimple patches have fast become one of the most popular skincare hacks due to the way they effectively target blemishes. Containing active ingredients such as salicylic acid and niacinamide, these saturated patches allow you to treat a pimple without drying out or irritating the rest of your skin. Great news if you have a sensitive skin type.

Read on to find out more about how pimple patches work, the different types of patches to choose from, and the most common ingredients within them.



What are pimple patches?
Types of pimple patches
Common ingredients in pimple patches
Do pimple patches work on all types of spots?
How to use pimple patches?

What are Pimple Patches?

Ask a La Roche-Posay ambassador

Pimple patches are usually made from clear pieces of hydrocolloid gel that are applied directly to the blemish and left for a few hours. This enables effective absorption and supports spot healing. They're also referred to as spot patches, acne patches or hydrocolloid patches. Let's take a look at how they differ.

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Types of pimple patches

Hydrocolloid patches

This type of pimple patch is ideal for treating surface pimples. They contain a gel that creates an ideal healing environment while also drawing out impurities from the spot and protecting it from bacteria.

Microneedle patches

Microneedle patches are suitable for treating deeper pimples that haven't yet come to the surface. These patches are made with microneedles to help take active ingredients to the deeper layers of the skin and stopping it from getting worse.

Medicated patches

A pimple patch that is saturated in active ingredients such as salicylic acid is considered a medicated patch. These are ideal for a range of spot types including very deep pimples and surface spots.

Common Ingredients in Pimple Patches

To understand how pimple patches work, it's helpful to look at the active ingredients within them. Here are some of the most common ingredients used within pimple patches:

Salicylic acid

Salicylic acid is a beta-hydroxy acid that is effective at treating pimples due to the way it exfoliates the skin, dissolves dead skin cells and penetrates the pores. It also has anti-bacterial and anti-inflammatory properties.

Tea tree oil

Tea tree oil is often used in pimple patches as it has both anti-microbial and anti-inflammatory properties. It can also be less irritating than other active ingredients used in acne and blemish-prone skin treatments.

LHAs

LHA (or lipohydroxy acid) is used as a gentle alternative to salicylic acid. Its fatty acid structure easily penetrates the skin, exfoliating and sweeping away dead skin and congestion.

Ask a La Roche-Posay ambassador

How do pimple patches work?

Pimple patches such as La Roche-Posay Effaclar Duo+M 3H Spot Patches typically work by using hydrocolloid, a gel-forming material originally used for healing wounds. The ACS describes Hydrc

polysaccharides or proteins. Hydrocolloid refers to a polymeric material that absorbs water to form a gel.

The ACS states that the polymers used as hydrocolloids in pimple patches have a number of hydroxyl (-OH) groups that markedly increase their affinity for binding water. Pimple patches act as little dressings over the wound or blemish and are made up of two layers.

The inner lining is usually made of hydrocolloids such as carboxymeth-ylcellulose, gelatin or pectin that has many water-binding groups in the chemical structure. This material draws out fluid from the wound. The tough, outer layer, however, is usually made from polyurethane - a thin transparent material that is easy to peel off. This keeps the patch in place and stops water from evaporating while helping the pimple heal quicker and protecting it from bacteria. It also prevents picking and squeezing which can create scarring and make it much more noticeable.

Do pimple patches work on all types of spots?

Pimple patches are a useful tool to have in your skincare arsenal but they aren't useful for all types of spots. Pimple patches are most effective when used on blemishes with visible white heads and early red bumps. This is because they can help to reduce inflammation and prevent the spot from getting worse. They can also stop you from picking and squeezing a whitehead. They're not suitable, however, for use on blackheads or severe cystic acne as this requires different treatment.

How to use pimple patches

Wondering how to correctly apply a pimple patch? Follow these three simple steps:

Step one

Cleanse your face with your usual cleanser such as Effaclar Duo+M and apply a serum or treatment to your entire face such as Effaclar Duo+M. Make sure your skincare is completely absorbed before applying a pimple patch.

Step two

Carefully peel off the patch by tearing the patch along the dotted line.

Step three

Apply the pimple patch to the affected area. Do this in the morning and again in the e
if needed. Leave on for 8 hours for maximum efficacy.

Ask a La Roche-Posay ambassador

Discover La Roche-Posay Effaclar Duo+M 3H Spo

Pimple patches are a great skincare tool to have to hand when a blemish arises. Not only will they prevent you from picking or squeezing spots and making them worse, but it should also help them heal quickly. La Roche-Posay Effaclar Duo+M 3H Spot Patches form a shield around blemishes while pulling out impurities while keeping moisture balanced in the affected skin. They also contain 420µm hydrocolloid technology to enable effective absorption and support spot healing.

Pimple Patches FAQs

What is a hydrocolloid patch? +

What should I do after removing a pimple patch? +

How long should I leave a pimple patch on for? +

Can you use pimple patches overnight? +

Do pimple patches work on whiteheads? +

Do pimple patches work on blackheads? +

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