

Ask Dr. Mikell

By Dr. Oswald Mikell

Dr. Oswald Mikell, MD • Dermatology Associates of the Lowcountry

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Skin remedies - don't try this at home

With the economy on everyone's mind these days you might be tempted to try a few at-home skin remedies, but you should proceed with caution. Here are a few tips on what "not" to try on your own.

Q. If I have a large pimple or cyst, can't I simply "pop it"?

A. Absolutely not, you can traumatize your skin by trying to pop a blemish and the potential damage you may do is not worth it.

Q. I purchased an at-home hair removal kit, but I'm a little worried about using it. Is it safe?

A. You may risk burning the skin by trying to do this on your own. I recommend you have a professional remove the hair with a laser treatment.

Q. Are there home remedies for Eczema?

A. Home remedies for eczema can be as simple as changing your laundry detergent or as difficult as moving to a new climate or changing jobs. Removing whatever is causing the allergic reaction is the easiest and most effective treatment, but do not expect a quick response. Eczema can be well-controlled, but it is a chronic problem and can not be permanently "cured". It is best to visit a dermatologist for professional treatment.

Q. There are a number of at-home facial peels on the market? How do I know which ones are ok to use?

A. I recommend that you see a professional to ensure the best possible results and protection of your skin. Anything more than a 10% glycolic acid is too strong for a non professional.

While you may be tempted to economize by treating your skin at home, remember it is one of your most precious commodities. While some home remedies are effective, some are not. And, when it comes to skin care in particular, home remedies are effective only to a certain extent. They do not deliver the best results.

**Call Dermatology Associates of the Lowcountry and schedule a consult today
(843) 689-5259**