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These \$29 Patches Make Zits Disappear OVERNIGHT, According To Dermatologists



What should you do when one of those dreaded swollen, red pimples pops up overnight? We know—it's the worst. But we've all been there and luckily in 2019, acne treatments have come a long way.

Thankfully, you don't have to just pray (and squeeze) your breakouts away, because a little thing called zit stickers exist.

What Are Zit Stickers?

Haven't heard of them? I hadn't either, and that's because when I was growing up all we had was antibiotic cream and our fingertips to fight zits, but kids these days have so many more options, including genius zit patches. "Pimple patches, which are sometimes referred to as acne healing patches, are small, translucent stickers you adhere to a pimple or breakout," [board certified dermatologist Dr. Sheel Desai Solomon](#) tells us.

"They are made of hydrocolloid dressing, a type of wound bandage that draws out moisture from within pores (or in its usual application, open sores) without drying out the surrounding skin."

The patches work so well because they deliver on-the-spot treatment, stay in place for hours or overnight and event create a barrier to prevent picking. As an adult with acne scars, that last one really hits home.

"While stuck to the skin, acne patches also have the added benefit of preventing you from picking or trying to pop the pimple," Dr. Solomon says. "This is beneficial because picking a pimple increases inflammation and healing time and increases risk for infection, discoloration, and scarring."

Additional Benefits

The benefit of wearing zit patches is that they also absorb excess fluid, pulling oil and dirt away from the pimple, Dr. Solomon tells us.

"They can deliver active ingredients to your pimple and the bandage can make them penetrate more effectively," she advises. "They can protect your pimple from UV light, which can decrease pigmentation They're usually waterproof, so you don't need to reapply them every time you wash your face." Amazing!

Best Zit Patches: Zitsticka

So, what are the best kinds of pimple patches to buy? Skincare brand Zitsticka makes one that dermatologists swear by.

"I recommend applying a specialized hydrocolloid acne patch called ZitSticka which is a 24 freeze-dried microdarts bandage that self dissolves over two hours to deliver acne-fighting ingredients," board-certified dermatologist Dr. Melissa Levin says.

Zitsticka's new Gen Y friendly KILLA Kit (\$29) contains 8 patches and 8 spot clearing swans to get the job done.
How Do They Work?

The zit sticker contains powerful technology to combat zits, derms advise. "It contains oligopeptide-76, a new anti-inflammatory ingredient that's like a gentler benzoyl peroxide without irritation, salicylic acid, niacinamide (which helps with anti-redness) and moisturizing hyaluronic acid," Dr. Levin advises. "By harnessing transdermal technology, ZitSticka acne patches are a breakthrough in offering a gentle yet effective spot treatment to be used within a skincare regimen."

The translucent patches are also vegan and cruelty-free. So, there you have it! Stock up on these dermatologist-approved, at-home acne treatments now.

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