



EVERWELL CHINESE MEDICAL CENTRE

198 Victoria Road, Romford, Essex, RM1 2NX Tel: 01708-769888 Fax: 01708-766555
Website: www.everwell.co.uk E-mail: tcm@everwell.co.uk

SUGGESTIONS FOR HELPING RECOVERY FROM ACNE

1. Avoid scratching, pressing or touching papules in order to prevent further cross-infection.
2. Wash your face frequently with warm water and soap in the morning and evening.
3. Eat plenty of vegetables and fruit but little meat. Avoid eating any irritating spicy food such as pepper, curry, chilli, ginger, onion, garlic and seafood products as fish, crabs, shrimps, lobsters, which may induce itchiness and eruption.
4. Avoid eating greasy food together with cold food. Chilled food from the refrigerator should be allowed to reach room temperature before using.
5. Keep defecation moving, i.e. try to establish regular habits of bowel movement to avoid constipation.
6. Avoid overwork, fatigue, mental stress, anxiety, worry and anger, especially whilst taking meals.
7. Avoid using contraceptive drugs. Keeping to regular sex is beneficial.
8. Avoid using cosmetics if allergic to them. New cosmetics should be tried behind the ear for one week before continued use.
9. Use children's shampoo when washing hair, avoid using hot water or soap. The use of shampoo should be limited to once a week.
10. Gently rub in a small amount of lotion into the skin, (spread as thin as cosmetics).
11. Zhen Zhu powder is satisfactory for nourishing the skin. It may be used either orally or externally.
12. Wash face daily with hot water before applying the "mask" liquid to the face. After 60 minutes remove the medicinal thin coating along the skin lines and rewash face.

Prof. Jiafeng An
7 Little Newport Street
London
WC2H 7JJ
Tel: 020 7287 1086
Fax: 020 7287 1095
Email: London1@everwell.co.uk