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Exploring the Connection Between Facial Skin Cleansing Habits and Acne Vulgaris: A Comprehensive Review

Anna Rahmania Sari[1], Prajnya Kamila Ramadhanty[2], Natasha Anggraeni[3], Edwin Destra[4], Yohanes Firmansyah[5]

Islamic University of Bandung, Indonesia[1&2]
Tarumanagara University, Indonesia [3,4,5]
Coresspondent : edwindestra.med@gmail.com [4]

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ABSTRACT: Acne Vulgaris (AV) is a chronic inflammatory condition affecting the pilosebaceous follicles, characterized by multifactorial causative factors and clinical manifestations such as cysts, pustules, comedones, nodules, and papules. While AV is not life-threatening, it can significantly impact an individual's well-being by reducing self-esteem, increasing anxiety, and affecting their economic and social life. This paper conducts a comprehensive analysis of existing literature, synthesizing information from multiple reputable sources. The main objective of this review is to explore the implementation of treatments related to the relationship between skin cleansing habits and Acne Vulgaris. The connection between facial skin hygiene and the occurrence of Acne Vulgaris is of significant interest. One key aspect is the potential reduction in Acne Vulgaris when individuals maintain good facial skin hygiene practices. When facial skin is cleaned appropriately, it hinders the accumulation of excess sebum, one of the contributing factors to the development of Acne Vulgaris. It is essential to acknowledge the variability in research outcomes. While certain studies propose that excessive facial cleansing may worsen Acne Vulgaris due to potential skin irritation and glandular complications, others recommend a minimum of twice-daily facial cleansing with a gentle cleanser to maintain skin well-being. The optimal cleansing frequency may depend on individual skin conditions and the presence of comedonal lesions.

Keywords: Acne Vulgaris, Skin Cleansing, Facial Hygiene

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INTRODUCTION

One of the skin diseases that can resolve spontaneously is Acne Vulgaris (AV). AV is described as chronic inflammation of pilosebaceous follicles with multifactorial etiology and clinical manifestations including cysts, pustules, comedones, nodules, and papules(Tabri, 2018). This skin condition is not fatal or life-threatening, but it can be quite distressing, causing a lack of self-confidence and anxiety in affected individuals, impacting their economic and social lives. Research conducted showed that out of 42 student AV patients sampled, 62% had a mild category, 19.0% had a moderate category, and 19.0% had a severe category(Skadins et al., 2021). Maintaining

hygiene behavior is crucial in assessing the health status of individuals. Hygiene behavior maintenance, especially concerning facial skin, is exemplified through the awareness and initiative of individuals in maintaining cleanliness, health, and preventing the onset of diseases.(Alshammrie et al., 2020; Juhl et al., 2018)

Various aspects of personal hygiene and cleanliness include hair, ears, eyes, nails, skin, and clothing. The concept of hygiene behavior regarding skin cleanliness, particularly facial skin hygiene and care, is of paramount importance because the skin, being the body's superficial defense, is the first line of protection against pathogenic microorganisms that can cause diseases, such as Acne Vulgaris(Omran & Mansori, 2018). Therefore, the concept of hygiene behavior, especially regarding facial skin, is vital for every individual to maintain skin cleanliness. There are various factors, aside from age and gender, that can contribute to Acne Vulgaris, including genetics, hormonal factors, psychological stress, cosmetics, medications, diet, and environmental conditions such as temperature and humidity.(George & Sridharan, 2018; Rathi, 2011)

In addition to all these factors, facial skin cleanliness is important because it can contribute to the development of Acne Vulgaris. This is because the skin can serve as an entry point for microorganisms that may trigger Acne Vulgaris(Yolanda et al., 2021). The relationship between personal hygiene and Acne Vulgaris suggests that regular facial cleansing can help reduce excess oil and dirt on the face, potentially lowering the occurrence of Acne Vulgaris(Cabral et al., 2018; Chen et al., 2021). However, research indicates that the frequency and type of facial cleansing used by individuals may not significantly impact the occurrence of Acne Vulgaris.(Del Rosso, 2013; George & Sridharan, 2018) Given this background, the researcher is interested in conducting a literature review titled "Exploring the Connection Between Facial Skin Cleansing Habits and Acne Vulgaris."

METHOD

This academic paper offers a comprehensive analysis of the current body of literature, consolidating information from multiple reputable sources. The primary objective of this review is to investigate the utilization of treatments related to the relationship between skin cleansing habits and Acne Vulgaris(Hawkins et al., 2021; Santosa et al., 2023). The data for this evaluation was systematically collected through an extensive search of electronic databases, which included research publications and review papers. Crucial insights were meticulously gathered and synthesized from each selected source, with a strong emphasis on their relevance to the central topic(Davies, 2020). This collaborative approach allows for the formulation of conclusions concerning the essential importance of managing skin cleansing habits, addressing Acne Vulgaris, and employing therapeutic strategies, along with their resulting medical implications.

RESULT AND DISCUSSION

Acne Vulgaris (AV) is a complex skin condition affecting the face. Facial skin hygiene behaviors involve actions to maintain facial skin cleanliness and health(Ogé et al., 2019). These behaviors encompass routines for face cleansing, the frequency of face washing, the use of moisturizers, and the application of facial cleansers(Rhee et al., 2018). A literature review has examined various hygiene behaviors, including face washing habits, washing frequency, facial cleanser usage, and moisturizer application as part of facial skin hygiene practices. The relationship between these hygiene behaviors and Acne Vulgaris, particularly face washing habits, has been discussed in several articles. Research has indicated that regular face cleaning and the use of cleansers to reduce facial oil are associated with the occurrence of Acne Vulgaris. This is supported by a 2020 study, which revealed that individuals with good facial hygiene habits, including routine face cleaning and facial cleanser usage, did not experience Acne Vulgaris. These findings align with another 2020 study, which showed that students who did not regularly cleanse their faces were more likely to experience Acne Vulgaris.(Altun & Topaloglu Demir, 2022; Rathi, 2011)

Treatment and cleansing for individuals with Acne Vulgaris can be more successful by maintaining skin cleanliness(Toama et al., 2021). Face washing is a crucial hygiene behavior in reducing the occurrence of Acne Vulgaris. The recommended frequency for face washing is 2-3 times a day, but excessive washing, scrubbing, or drying should be avoided to prevent prolonging the acne cycle. Excessive washing can strip the skin of its natural oils, leading to irritation and stimulating excessive oil production. Enhanced facial skin cleanliness can reduce excess oil production on the face.(George & Sridharan, 2018; Mancini et al., 2011) Additionally, maintaining skin hygiene can prevent bacteria from entering pilosebaceous follicles, thus averting inflammation and, subsequently, the onset of Acne Vulgaris. Several articles in the literature have identified indicators of improvement in Acne Vulgaris. A study from 2017 found that regular face washing can reduce the occurrence of Acne Vulgaris. The significance of face washing as an indicator of Acne Vulgaris improvement is further supported by an article from 2018, which demonstrates a significant relationship between facial skin cleanliness and the occurrence of Acne Vulgaris in the study's respondents.(Juhl et al., 2018; Tunçer Vural, 2022)

The connection between facial skin hygiene and the occurrence of Acne Vulgaris is a topic of significance. A key aspect is the potential reduction in Acne Vulgaris when individuals maintain good facial skin hygiene practices. The underlying mechanism for this reduction is the moderation of excess oil production on the skin. Improved facial cleansing habits play a pivotal role in achieving this balance.(Del Rosso, 2013; Thiboutot & Del Rosso, 2013) When facial skin is cleaned appropriately, it hinders the accumulation of excess sebum, one of the contributing factors to the development of Acne Vulgaris. The reduction in oiliness on the skin can have a direct impact on the frequency and severity of Acne Vulgaris outbreaks. Moreover, adhering to a consistent skin cleansing routine can deter harmful bacteria from infiltrating the pilosebaceous follicles. This, in turn, mitigates the inflammatory processes responsible for the formation of Acne Vulgaris lesions. Consequently, achieving clearer, healthier skin becomes an achievable goal through proper skin cleansing practices.(Daye et al., 2020; Tunçer Vural, 2022)

However, it's important to acknowledge a varying perspective on this matter. Research conducted by Alfalogy and colleagues brought forth findings that raised questions regarding the relationship between facial skin hygiene and Acne Vulgaris. Their study suggested that individuals who excessively washed their faces were more likely to experience Acne Vulgaris. This counterintuitive connection was attributed to the potential harm caused by overzealous cleansing.(Draelos et al., 2006; Rathi, 2011) Excessive washing, accompanied by vigorous scrubbing, may lead to skin irritation and worsen the condition of the sebaceous glands. Such exacerbation can, paradoxically, contribute to the development of Acne Vulgaris. In light of these differing findings, it is evident that the relationship between skin cleansing habits and Acne Vulgaris is multifaceted and not universally straightforward. Recognizing the importance of balance, Hastuti and her research team have made recommendations based on their study. They suggest that individuals aim to cleanse their faces at least twice a day, but not exceeding three times a day, and to use a gentle, mild cleanser in the process. However, they further emphasize that the optimal frequency may be contingent on an individual's specific skin condition and the presence of comedonal lesions. The relationship between facial skin hygiene and Acne Vulgaris is intricate. Although practicing good facial skin hygiene is typically advantageous in reducing the occurrence of Acne Vulgaris, it is essential to strike a balance. Excessive washing and aggressive cleansing may worsen the condition. Hence, individuals are advised to seek an appropriate middle ground that aligns with their specific skin type and condition. This approach encourages regular, yet not excessive, cleansing to foster healthier skin and minimize the risk of developing Acne Vulgaris.(Alshammrie et al., 2020; Juhl et al., 2018).

CONCLUSION

The prevalence of Acne Vulgaris can be diminished by adopting effective facial skin hygiene practices, thereby mitigating excessive sebum production and inhibiting bacterial infiltration into the skin's follicles(Melnik, 2018). However, it is important to acknowledge the variability in research outcomes. While certain studies propose that excessive facial cleansing may worsen Acne Vulgaris due to potential skin irritation and glandular complications, others advocate a minimum of twice-daily facial cleansing with a gentle cleanser for maintaining skin well-being. The optimal cleansing frequency may depend on individual skin conditions and the presence of comedonal lesions(Balighi et al., 2020).

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