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**Q** While my face is clear, I have acne on my back and shoulders. Due to this I can't wear anything sleeveless. Please help.

**GO:** Back acne needs a wash like Brevoxyl wash or Neutrogena Oil Free Acne Wash or any product containing salicylic acid or benzoyl peroxide twice a day. It could be difficult to use topical applications on the back, so I would advise someone help you apply a thin film of Clindocyl gel – a mixture of benzoyl peroxide and clindamycin – for one night. For the other nights use topical creams like Kojic cream, which contains kojic acid and azelaic acid 5 per cent to lighten the marks. You need to keep the back covered with a cotton shirt. If you're going swimming use a non-medicated sunscreen of SPF 30+.



Neutrogena Oil Free Acne Wash, ₹ 350