

COSMOPOLITAN

How to Get Rid of a Pimple in an Hour and Make It Less Red

Whatever you do, don't pick.



Meet the experts

- ◆ **Neda Mehr**, MD, is a board-certified dermatologist and founder of Pure Dermatology Cosmetic and Hair Center in Newport Beach, CA. Dr. Mehr is also the creator of clean medical skincare line DermBx.
- ◆ **Neal Schultz**, MD, is a board-certified dermatologist at Park Avenue Skincare in New York, NY, and the founder of skincare line BeautyRx.
- ◆ **Eric Schweiger**, MD, is a New York City-based board-certified dermatologist and also the founding dermatologist and CEO of Schweiger Dermatology Group.
- ◆ **Dendy Engelman**, MD, is a board-certified dermatologic surgeon at Shafer Clinic Fifth Avenue in New York, NY.
- ◆ **Gervaise Gerstner**, MD, is a board-certified dermatologist at Gerstner Dermatology in New York, NY.

How do you make a pimple less noticeable?



Heavy foundation and cakey concealer can draw attention to your zits, as you've probably already figured out. Not only that, but Dr. Mehr also stresses the importance of using a water-based foundation (also water-based moisturizer and sunscreen, for that matter) rather than a silicone- or oil-based foundation that are more likely to clog the pores.

Cover the bump with your lightweight acne-clearing foundation or soothing BB cream and let the concealer do the work. **Pinpoint the area with a tiny makeup brush or clean lip brush**, dab concealer in the center of the pimple, let it sit for a full 5 to 10 minutes (seriously, don't touch it while it dries), then gently blend and tap the edges to melt the concealer into your skin without wiping it all away.

How do you make a pimple smaller overnight?



Good news! **Skin is especially receptive to active ingredients at night** “because **this is when the skin repairs itself**,” says Dendy Engelman, MD, a board-certified dermatologic surgeon. Although it might not be possible to totally get rid of a pimple overnight, take advantage of this time by treating your pimple while you sleep.

Dr. Mehr says the reason why the pimple is red is because there's bacteria in there, and the reason it's big is because it has no exit. Products that'll address both those things are good places to start: