

- Skin—care

All about skin inflammation and how you can heal it

Suffering from red, swollen or irritated patches on your skin? Learn how to treat them with these easy-to-follow tips by an expert

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Inflammation is among the most common skin concerns — often showing up in the form of redness, swelling or pain in the affected area. It is a localised response by the body's immune system to protect it against harmful stimuli such as injury, infection or irritants. Inflammatory skin conditions — which can range from mild, temporary reactions like sunburn or insect bites to chronic conditions like eczema, psoriasis or dermatitis — can get triggered by factors including immune or allergic reactions, microbial infections or physical irritants.



Dr Mandeep Singh, a plastic surgeon, offers some basic tips on how to prevent or reduce inflammation.

IDENTIFY TRIGGERS

Dr Singh suggests, “If you get to know what triggers inflammation on your skin, try to refrain or minimise exposure to those irritants. Common triggers include certain skincare products, allergens, harsh chemicals and environmental factors.”

WATCH YOUR SKINCARE

Use gentle products that are specifically formulated for sensitive or inflamed skin. Avoid using harsh soaps, exfoliants or scrubs that can further irritate the skin. Choose fragrance-free and hypoallergenic products wherever possible.

KEEP SKIN MOISTURISED

Dry skin can exacerbate inflammation, so it's important to keep it moisturised. Use a gentle, hydrating moisturiser that is suitable for your skin type to help soothe and protect the skin barrier.

DO NOT RUB OR SCRATCH

“Any form of scratching or rubbing on the inflamed skin can further worsen your plight, causing more inflammation,” says Dr Singh, adding, “Try to avoid doing that and instead, gently pat or tap the skin if necessary”.

APPLY A COLD COMPRESS

Cold compress can help reduce inflammation and soothe the skin. You can use a clean cloth soaked in cold water or a cold chamomile tea bag and gently apply it to the affected area for a few minutes.

MAINTAIN A HEALTHY LIFESTYLE

Eating a balanced diet, staying hydrated, getting enough sleep, and managing stress can all contribute to maintaining healthy skin. A healthy lifestyle can help support the immune system and reduce inflammation.

SEEK MEDICAL ADVICE

If your inflammation persists or worsens despite your efforts, it's important to seek professional help from a dermatologist or a healthcare provider. They can diagnose the underlying cause and provide appropriate treatment options tailored to your specific condition.

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