

## What Makes It Worse?

### Does Touching My Face Make Acne Worse?

Squeezing or picking at acne lesions definitely will make them worse. There is also an increased chance that you will spread the bacteria trapped in those papules and pustules by popping or poking your blemishes.

Acne scarring and permanent discoloration are also very unpleasant results of pinching your acne lesions. Although it seems like you are doing the best thing by removing the debris from your blocked pore, you are actually doing more harm than good.