

Prevention

How to Get Rid of Pimples on Your Butt, According to Dermatologists

Experts explain what's causing your butt acne—and how to clear up the bumps for good.



By [Korin Miller](#) Jan 15, 2020



In a perfect world, your butt would be baby smooth. In reality, butt acne happens to pretty much everyone.

Butt acne (or buttne, as it's sometimes called) is simply a "collection of pimples" on your backside, says **Gary Goldenberg, M.D.**, assistant clinical professor of dermatology at the Icahn School of Medicine at Mount Sinai in New York. "These lesions usually appear as red and inflamed whiteheads," he says.

More common, though, is a condition known as folliculitis, a superficial infection of the hair follicles that often show up as red spots on the skin, says Joshua Zeichner, M.D., director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York City.

So what's behind those pesky spots forming on your butt, and what can you do to make them go away ASAP? (Asking for a friend.) Here, everything you need to know about what causes butt acne and how to get rid of it.

What causes pimples on your butt, exactly?

Whether you're dealing with actual zits or folliculitis, you can usually blame the bumps on a range of factors, including [lots of moisture](#) (think: hanging out in a wet swimsuit or sweaty [workout leggings](#)), excess friction from tight-fitting clothing, sitting for prolonged periods of time, and improper showering and cleansing of your backside, says Dr. Goldenberg says.

Wait, what does folliculitis look like compared to actual pimples?



our average pimple presents as a singular red, swollen whitehead. Folliculitis, on the other hand, typically develops in a cluster of small red or white-headed bumps around your hair follicles (like the image above). They can sometimes fill with pus, feel itchy or tender, break open and crust over, or become a bit swollen.

Can "pimples" on your butt ever be a sign of something more serious?

It's easy to assume that bumps on your butt are ~just~ butt acne, but it's also easy to mistake them for bug bites, says Dr. Goldenberg. While butt acne is usually harmless, in some extreme cases, the infection can spread to the underlying tissue and cause you to develop a staph infection, he says, which can be life-threatening if left untreated for too long. Staph infections from butt acne are rare, but if you notice extreme pain at the site and you have a fever, call your doctor ASAP.

How to get rid of pimples on your butt

There are a few ways to tackle butt acne—and picking at it is not one of them. If you notice a pimple or folliculitis flare up, Dr. Goldenberg recommends using an acne wash with salicylic acid on the area to remove excess oil on the skin to help dry out the pimples.

A face wash is great and “can be used on your other set of cheeks as well,” Dr. Zeichner says. Medicated pads containing salicylic acid are also a “great option,” he adds, or you can use a gentle exfoliating lotion that contains the ingredient.

If you're not seeing results, you can also try a wash or pad that contains benzoyl peroxide (which kills bacteria), as well as glycolic or lactic acids (which have similar exfoliating properties as salicylic acid).



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If the bumps on your butt have staying power or get worse, Dr. Goldenberg says a topical cream or oral antibiotics prescribed by a doctor might be necessary.

So, tell me: How can I *prevent* butt pimples?

If you're prone pimples or folliculitis, avoid wearing super tight-fitting clothes around your bum to help prevent flare-ups, Dr. Zeichner says. Washing your skin immediately after a workout can also lower the odds you'll get bumps, he says. Wearing underwear and workout clothes that absorb sweat can help, too.

If the backside bumps continue to be a struggle for you, don't hesitate to talk a dermatologist. Like pimples on your face, butt acne is a fixable problem.