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How to get rid of acne on your buttocks 6 super ways



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Did you know that butt acne might not be acne at all—at least not the kind you get on your face? “Butt acne is usually not a true acne, but folliculitis, a mild infection of the hair follicle that causes red bumps and pus-filled pimples,” explains Joshua Zeichner, MD. Whatever the case, you’re probably wondering how to get rid of butt acne.

How to Get Rid of Butt Pimples: Shower After a Workout

Yes, sometimes something as simple as a quick shower after a workout can be a simple (and natural) solution to preventing those pesky breakouts. “Showering right after a workout helps remove sweat, oil, and dirt that build up on the surface of your skin,” says Dr. Zeichner.

How to get rid of acne on your buttocks: always wear underwear

If you usually prefer If you're going without panties, you might want to reconsider. “Underwear is a personal choice, but often the friction of your favorite yoga pants can cause minor rashes,” says Mona Gohara, M.D.

It is especially helpful to wear underwear that wicks away moisture. After all, materials like polyester, nylon, bamboo, and wool wick sweat (and the bacteria that cause it) away from the skin.

How get rid of acne on buttocks: use antibacterial soap

Experts recommend CLn Body Wash, which was developed by a doctor and contains sodium hypochlorite to kill bacteria. If your skin is sensitive and can't tolerate harsh cleansers, try Dove Antibacterial Wash.

How to get rid of acne on buttocks: cleanse the skin with benzoyl peroxide

Try applying a product containing benzoyl peroxide to your buttocks, such as a body wash or cleanser. This ingredient is effective in treating acne and folliculitis due to its antimicrobial properties. “Apply it to your skin, let it work, then rinse it off,” advises Dr. Zeichner.

Important: It can bleach colored fabrics, so rinse them thoroughly and use white towels.

How to get rid of acne on your buttocks: moisturize your skin daily

This step is a must, especially if you’re using a benzoyl peroxide-based product. Choose moisturizers with soothing, pH-friendly ingredients to help keep bacteria at bay and keep your skin clear. Miami Beach Bum founder and ocean sports enthusiast Aissa DiPietro struggled with acne on her bottom after practically living in a wetsuit.

To clear her skin, she uses a lotion that contains aloe to restore the skin’s acid mantle and oregano to kill bacteria and balance the skin’s ecosystem. DiPietro told WH that she uses it once a day after showering, and it keeps her skin from her back to her cheeks clear and smooth.

Tip 5: Clean Your Pores

You can also combat bottom acne with a salicylic acid acne treatment. This form of beta-hydroxy acid (BHA) will help remove excess oil and exfoliate dead skin cells so they don't get stuck in pores and follicles (which is how bottom acne occurs). Apply it after you shower.

Tip: Shave the right way

Yes, some people shave their butts. “Shave in the direction of hair growth, not against it,” says Dr. Gohara. “And use plenty of shaving cream to avoid irritation.”

Why do I get pimples on my butt?

Dr. Zeichner explained that butt acne is usually caused by a combination of clogged hair follicles and bacterial infection. **In most cases, the follicles are the real problem, says Gary Goldenberg, MD. Here are a few reasons why you might be getting butt acne.**

Hormones. While other factors can contribute to or exacerbate the growth of bacteria that can lead to inflammation of hair follicles, also known as folliculitis, hormones can also play a role, says dermatologist Heather Woolery-Lloyd. “Hormonal changes like your menstrual cycle can make the lining of your follicles stickier. This can lead to clogged pores and breakouts,” she says. “Androgens are the hormones that most often cause this.”

Don’t take off your wet, sweaty clothes after hitting the gym. Sweat can dry on your pores and clog them, trapping dirt and grime and leaving behind bumps.

Sit a lot. Folliculitis is often caused by friction or irritation. And too much time in a chair can make things worse due to the pressure of sitting.

You don’t change your underwear every day. Stale underwear traps dirt, sweat, and oil that contribute to acne on your skin.

Wear tight clothing. Yes, your leggings can contribute to your butt acne. Tight clothing not only causes friction against your skin, but it also traps sweat and oil, which increases the likelihood of clogged hair follicles.

You wear a swimsuit all the time. Do you notice that your butt acne gets worse in the summer? Guess what else is tight, wet, and essentially your underwear? Yes, a wet swimsuit is the perfect recipe for butt acne.

How to prevent acne on the buttocks

It is important to keep the skin clean and moisturized, Source: freepik.com

First, wear a new pair of underwear every day. Also, since wet swimsuits and sweaty workout clothes are two of the most common causes, change into a dry swimsuit or fresh underwear as soon as possible. If you don't have time for a full shower, quickly wipe away bacteria and sweat with a tissue.

Finally, if your job requires you to sit a lot, try to get up more often. This will help relieve friction and irritation that can lead to folliculitis.

When to see a doctor

If home remedies don't help, it may be time to see a professional. According to Dr. Woolery-Lloyd, your dermatologist may suggest trying topical antibiotics like clindamycin and azithromycin lotion, or in more severe cases, oral antibiotics.

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