

Healthy Skin Guide

- **About Dr. Prashant Bharadwaj - Consultant Dermatologist, Rudrapur.**
- **This guide shares essential skincare practices and clinic information.**

Skincare Basics - Daily Routine

- **Morning: Cleanser → Moisturizer → Broad-spectrum sunscreen (SPF 30+).**
- **Night: Cleanser → Treatment (retinoid/azelaic/niacinamide as advised) → Moisturizer.**
- **Adjust textures: gel for oily, cream for dry, fragrance-free for sensitive skin.**

Microneedling - Do's & Don'ts

- **Do: Come with clean skin, avoid active acne on the day of procedure.**
- **Do: Use gentle cleanser and broad-spectrum sunscreen after treatment.**
- **Don't: Rub/scratch, avoid makeup for 24 hours, avoid sun/sauna for 3-4 days.**

Acne - Myths & Facts

- **Myth: Acne is caused by dirty skin. Fact: Over-washing can irritate skin.**
- **Myth: Sun exposure cures acne. Fact: It may worsen pigmentation.**
- **Fact: Early evidence-based treatment reduces scarring risk.**

Sun Protection 101

- **Use SPF 30+ daily, reapply every 2-3 hours when outdoors.**
- **Use adequate quantity (2-finger rule) on face and neck.**
- **Combine with hats, shade, and protective clothing.**

Clinic & Appointments

- **Address: Shubham Surgical Center & Nursing Home, Doctor's Colony, Rudrapur, U.S. Nagar, Uttarakhand.**
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- **Book via website contact form or WhatsApp for quick scheduling.**