

A KESHINTON ESSENTIALS GUIDE

The Hydrocolloid Handbook

Your complete guide to Keshinton Hydrocolloid Acne Patches — how they work, how to use them, and what's inside.

KESHINTON ESSENTIALS

Welcome

Thank you for being one of our first 1,000 customers. This little guide covers everything you need to get the most out of your Keshinton Hydrocolloid Acne Patches — how they work, how to use them properly, what's actually in them, and answers to the questions we get asked most.

What's in the box

- 36 ultra-thin, clear hydrocolloid patches
- Individually cut for easy peel-and-apply
- Formulated with salicylic acid, cyclodextrin, centella asiatica extract, and melaleuca alternifolia (tea tree) leaf oil

How they actually work

Hydrocolloid is a gel-forming material that's been used in wound care since the 1970s, long before it made its way into skincare. On a blemish, it does two things at once:

1. **Draws fluid out.** It absorbs the pus, oil, and fluid inside an open or "weeping" spot, which helps it drain and settle down faster.
2. **Seals it off.** It forms a protective barrier over the area — keeping out bacteria, dirt, and (most importantly) your fingers.

That second point matters more than people think. A huge amount of scarring and prolonged inflammation comes from picking, not from the spot itself. A patch physically stops you from touching it.

Where patches work best

Whiteheads, pustules, and other open or "coming to a head" spots. They can also reduce the size and redness of some closed, inflamed bumps, though they're less effective there.

Where patches won't help

Blackheads, deep cystic acne, or clogged pores with nothing actively draining. Patches treat an existing blemish — they don't prevent new ones or clear pores.

How to use your patches

1. **Cleanse and dry the area fully.** Hydrocolloid needs a completely dry surface to stick — even slightly damp skin will cause it to lift at the edges.
2. **Choose a patch close to the size of your blemish,** sitting just past the edges with a small margin.
3. **Press and hold for a few seconds** to activate the adhesive, especially around the rim.
4. **Leave it on for several hours, or overnight.** You'll know it's done its job when the centre turns white or cloudy — that's the fluid it's drawn out.
5. **Peel off gently,** ideally after a warm shower when the adhesive has softened.
6. **Replace with a fresh patch if needed.** If the spot hasn't fully settled, a second patch is completely fine.

A few tips

- Apply to bare, product-free skin — patches won't stick well over moisturiser or makeup.
- Overnight wear tends to give the best results.
- If a patch keeps lifting, the area probably wasn't fully dry, or it's somewhere with a lot of movement (like near the mouth) — press the edges down again or size up.
- Don't reuse a patch once removed. Its job is done.

Understanding your ingredients

Salicylic acid

A beta-hydroxy acid that works its way into pores to help clear out oil and dead skin cells. It's one of the most established, well-studied acne ingredients available, and it's what gives these patches an active edge over a plain hydrocolloid bandage.

Cyclodextrin

A gentle, sugar-derived molecule best known for trapping and neutralising odour-causing and irritating compounds. Here, it helps keep the patch environment clean while the hydrocolloid does its absorbing.

Centella asiatica extract

Also known as "cica," this is a calming, skin-soothing botanical extract long used to support the skin's barrier and take the edge off redness and irritation — a natural counterbalance to any actives working on the spot underneath.

Melaleuca alternifolia (tea tree) leaf oil

A natural extract with a long history of use for blemish-prone skin, added here in a low, patch-friendly concentration alongside the other ingredients.

Patches are formulated for sensitive skin, but as with any new skincare product, if you notice irritation, discontinue use and remove the patch.

Frequently asked questions

How long should I leave a patch on?

A few hours minimum; overnight is ideal. Once the centre turns white/cloudy, it's absorbed what it can.

Can I wear makeup over a patch?

Yes — the patches are thin and near-invisible, so light makeup can go over the top once it's fully adhered. Just avoid heavy blending directly on the edges.

Can I use these under other skincare products?

Apply patches to bare skin first, then build the rest of your routine around them rather than under them.

Do these patches replace my regular acne treatment?

No. Think of them as a targeted tool for individual spots that are actively draining, not a replacement for a full skincare routine.

How many patches will I need?

It depends on your skin, but most people use anywhere from a few a week to one most nights during a breakout. A 36-pack is designed to last a while for typical, occasional use.

Is it normal for the patch to turn white?

Yes — that's the hydrocolloid doing exactly what it's meant to do. A clear or barely-changed patch usually just means there wasn't much fluid to draw out, which is also a good sign.

Thank you

We built Keshinton Essentials on trust — first through Etsy, eBay, Amazon, and Shopify, and now with our first own-brand product. We're genuinely glad to have you along for it.

If you have questions we haven't covered here, reach out any time at support@keshinton.com.

— *The Keshinton Essentials Team*