Finding the confidence to bare your shoulders in the summertime is a million times easier when you know your skin isn’t covered in bacne (a.k.a. back acne). Thankfully Dr. Paul Jarrod Frank of the Fifth Avenue Dermatology and Laser Center in NYC has tips to help keep your body breakouts under control.

1. **Nix tight clothes.** "Sweat and tight clothing can aggravate acne and bacteria, especially at the gym," explains Dr. Frank. So whether you’re heading to a workout or going to be outside in high temperatures for a long period of time, think "soft cotton t-shirt" not "spandex."

2. **Rinse as soon as you stop sweating.** The key to preventing breakouts in the first place: Not allowing perspiration to mix with your sunscreen and other potential pore-clogging products. Step into a quick shower, or at the very least, wipe yourself down with a body or makeup wipe after a sweat session.

3. **Switch to a salicylic body wash.** The ingredient will help clear breakouts on your back the way it does on your face. Dr. Frank’s pick: Neutrogena Body Clear Body Wash. ($7, drugstore.com). But keep in mind: "Scrubbing and exfoliating will aggravate the condition, so avoid loofah sponges and anything abrasive," warns Dr. Frank.