



Should you put hemorrhoid cream on your face? Why some experts say yes

It certainly sounds weird, but they have their reasons.

by Kristin Granero / Nov.15.2017 / 5:48 PM ET

Preparation H ... on your face? Yes, you read that correctly.

TODAY Style recently asked dermatologists to share their favorite solutions for reducing under-eye puffiness, and we were surprised to find so many recommending hemorrhoid cream

"Preparation H is a vasoconstrictor," explained Dr. Sejal Shah, founder of Smarter Skin Dermatology in New York City. "By narrowing the vessels, it helps reduce puffiness. It can also make any bluish discoloration less noticeable."

Preparation H, \$20, Amazon



According to celebrity groomer KC Fee, it's a well-known secret in the beauty industry.

"As weird as it sounds, it actually works," said Fee, who has worked with Armie Hammer, Billy Eichner and more. "If you have sensitive skin, you might want to use it sparingly and keep it on for only about 10 minutes or so."

Others caution that, while it works, the effects don't last very long. "It is good to use it only on special occasions. Use a tiny amount of Preparation H cream under the eye area, being careful not to get any into your eyes because it may cause severe irritation. And let it dry before applying makeup," suggested makeup artist Kyriaki Savrani.

Then there's also the risk of clogging pores. "Preparation H formulations often contain petrolatum, mineral oil and paraffin that can clog pores and cause breakouts. In addition, the formula may contain lanolin that can cause contact dermatitis in many," warned [Dr. Michelle Yagoda, a facial plastic surgeon in New York.](#)

Curious to try it for yourself? Be sure to keep these safety tips in mind when applying, and find other solutions for combating dark under-eye circles here.

If you are a little scared of the heavy-duty stuff, two TODAY editors revealed their favorite under-eye concealers that they can't live without.

For more beauty myths answered, read our article on whether women should shave their face!

Bobbi Brown Under Eye Corrector, \$27, Nordstrom



"I'm not a never-leave-the-house-without-makeup person, but if I think anyone I know might see me, this stuff is a must. It brightens up my ever-present dark circles without looking cakey or like 'makeup.' Without it I look like a corpse, basically." - Lisa Tolin, TODAY Editor

Lisa also wrote an ode to her favorite acne spot treatment - and we love it!

Charlotte Tilbury 'Mini Miracle Eye Wand', \$45, Nordstrom



"I love this under-eye cream-and-concealer duo because it's a two-in-one. I can put the cream on for prevention and also hide my current dark circles without having to grab another product. It's great when I'm rushing in the morning, on-the-go or headed on a trip and don't want to stuff my makeup bag with tons of products." - Jordan Muto, TODAY Editor