

Acne

Acne is a benign skin disorder. This condition arises when the pores that facilitate hair growth become clogged with oil and dead skin cells. Whiteheads, blackheads, and pimples may appear. Acne, a condition affecting 80% of adolescents, is influenced by hormonal changes that stimulate oil production. However, it is important to note that this condition can affect individuals of any age. Acne can lead to feelings of self-consciousness and emotional distress.

Acne typically manifests on the face, upper back, and chest. It is not influenced by factors such as diet, hygiene, or sexual activity.

It is important to avoid touching or pressing the lesions, as this can exacerbate the condition and lead to scarring.

Lesion cleansing procedure

Regular washing helps to reduce excess oil. The affected areas should be washed with lukewarm water twice a day (morning and evening) using a mild soap. Please ensure that the product is thoroughly dried.

Gentle shaving is recommended for men. The beard should be softened with warm

water and soap. The electric razor can be a useful tool.

Diet

It does not influence acne. If you think certain foods make it worse, you can avoid them.

Sun exposure

Tanning can hide acne, but the benefit is temporary. The sun accumulated over the years favors skin aging and the development of different skin cancers.

Cosmetics

As the pores are permeable, cosmetics should be avoided, especially those with an oily base.

If you must use them, choose those whose packaging indicates oil free or non-comedogenic, that is, that do not clog pores and do not cause acne, or do so to a lesser extent than the rest. Wash off your make-up every night with soap and water. Protect your face when applying hairspray or hair gel.

How can it be treated?

Treatment options vary depending on the severity of the acne, but it frequently resolves without intervention.

Skin treatments serve to clean the pores and to disinfect. They improve pimples, but when the treatment is stopped, they will reappear. Consistency is required for months, sometimes years, to control these lesions.

These products can cause dryness and flaking. Acne often worsens when acne treatment is started.

If the acne does not improve in 6-8 weeks, consult your doctor or physician again.

