

Hormones increase during adolescence, stimulating the production of skin oil and leading to clogged pores.

Acne mainly appears on the face, upper back and chest. It affects 80% of teenagers. It is a benign condition but has psychological effects.

It is not caused by diet, hygiene habits or sexual activity.

Do not touch or squeeze acne lesions as that will make them worse and lead to scarring.

Washing the lesions:

Regular cleaning helps remove excess oil. Use a mild soap and lukewarm water to wash the affected areas twice a day (in the morning and at night). Dry gently.

Men need to be very careful when shaving. They need to soften their beard with warm water and soap. An electric shaver can be helpful.



Food:

Diet has no impact on acne. If you feel that certain foods aggravate it, you can try avoiding them.

Exposure to the sun:

A tan may mask your acne, but the benefits are temporary. Sun damage accumulates over the years, causing aging of the skin and various types of skin cancer.

Makeup:

To keep pores unclogged, it helps to avoid cosmetics, especially those that are oil-based.

If you do need to wear makeup, look for brands labeled oil-free (non-comedogenic or non-acne causing). Ash off your makeup every night with soap and water. Protect your face when applying hairspray and gels.

How can it be treated?

Acne often goes away without any treatment. Treatment depends on the severity of the condition.

Treatments are designed to cleanse pores and to disinfect the skin. They may help improve the acne but if you stop using them, it will flare up again. You need to be consistent in using them for months, sometimes years, but they work.

These products may cause dryness and flaking. Acne often gets worse when you first start treatment.

If your acne does not improve after 6-8 weeks of treatment, see your doctor again.