

Acne

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Puberty brings new challenges for personal care such as body odor, sweat, oily skin, etc. Help your teen to develop good hygiene habits.

Tips

- Wash face with gentle cleanser twice daily
- Healthy nutrition can affect skin
- Pull hair back from face
- Try not to touch your face
- Avoid picking or squeezing acne lesions
- Use water-based make-up and avoid greasy creams
- Wash hair daily
- Eat a well-balanced diet and try to drink 64 ounces of water daily
- Do not avoid certain foods unless you have noticed an increase in acne after eating those foods
- **It often takes six to eight weeks to see an improvement in acne**

Over the counter treatment options

- Mild cleanser – Cerave or Cetaphil
- Hydrocolloid pimple patches
- Benzoyl Peroxide 5% wash (medication may bleach, so use white towels, pillowcases, etc.)
 - Start daily and then increase to twice daily after five to seven days if tolerating
- Add topical Retinol cream if needed before bed
 - Start using creams every other day and increase to daily if tolerating
 - Can make skin sensitive to the sun - wear sunscreen.
- Acne may get worse before it gets better - commit to treatment for six to eight weeks

Additional resources

- If acne does not improve, follow up with your provider for treatment options and/or referral to a dermatologist. May need oral antibiotics.
- [Teen Acne: How to Treat & Prevent](#)

