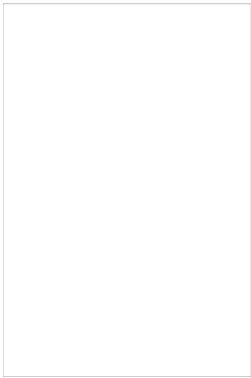


# Treating Acne in Teenage Boys



Most teen boys get acne and pimples. While pimples are a normal part of being a teenager, there are things you can do to clear up your skin and get rid of pimple breakouts. Knowing what really causes pimples (and what doesn't) will help you focus on treatments that work.

## 1. Don't Believe the Myths

There are many myths about what causes acne. Yet contrary to what you may have heard, acne is not caused by a dirty face, foods like chocolate or French fries, masturbating, having sex, or the lack of either

It's tough when you're having pimples and your friends have clear skin, but it's not your fault that you have acne. Pimples are triggered by hormonal fluctuations during puberty, not by outside influences. Thanks to genetics, some people are just naturally more prone to developing pimples.

## 2. Effective Acne Treatments Are Available

There are many acne and pimple treatment products that can clear your skin. Yet, despite advertising claims, even the most effective products won't work magic overnight. They won't cure acne, either.

It will likely take at least six to eight weeks before you start to notice a change in your skin. And a full response may take 12 weeks. If you're patient, you will almost certainly see improvement. It just won't be as quick as some acne and pimple treatment products claim.

## 3. Start With Over-the-counter Acne Treatments

If your acne is mild, or if you've just started notice pimples, you may be able to clear your skin with over-the-counter (OTC) acne medications. But not all acne products are created equal. The most effective will contain the following active ingredients on the label.

- Benzoyl peroxide
- Retinoids
- Salicylic acid

Don't worry too much about the brand name, or what form of treatment you're using—for example,

whether the product is a cleanser, medicated pad, or lotion. Instead, choose a product that fits your budget and is easy for you to use. Once you find a product that works for you, keep using it. If you stop, your acne will come back.

#### **4. You May Need a Prescription Treatment**

If you've tried a ton of over-the-counter products and cosmetics but you're still dealing with pimples, it's time to call for backup. Your healthcare provider has plenty of prescription acne treatment options that will help get your acne and pimples under control.

You don't necessarily have to see a dermatologist, either. It's likely that your family healthcare provider has helped many teenagers with acne and pimple breakouts. Your regular healthcare provider can refer you to a dermatologist if they think it's necessary. The advantage here is that prescription medications are going to be stronger and they usually work faster. Also, they can work even when over-the-counter products and dermatological cosmetics haven't. If your acne is severe, inflamed, or the pimples are leaving scars, you should skip the over-the-counter products and dermatological cosmetics and start with prescription medications right away.

#### **5. Use Your Treatments Correctly**

Consistency is key to successful acne and pimple control: You have to use your treatments every day. We know you're busy, and there may even be times when you just flat-out forget. However, if you're not using them, they aren't going to clear your skin.

A few tips to help you remember to take your meds daily and to ensure you're taking them the right way:

- Leave them next to your toothbrush.
- Ask your parents to help remind you until it becomes a habit.
- Read all the directions, even if it seems obvious.
- Follow the instructions your healthcare provider gives you.
- Be sure to ask if you have any questions.

Once you get into the habit of using your treatments, it really doesn't take too much time.

#### **6. Take Care of Your Skin Every Day**

Even though acne and pimples are not caused by neglecting to wash your face, the excess oil and dirt that builds up throughout the day won't help matters. Sweat can also irritate your skin, make acne worse and cause bigger pimples to appear. That is why a good skin care routine is important.

It only takes a few minutes a day and doesn't require a ton of fancy cosmetics. All you need is basic face soap or cleanser, and a moisturizer if your skin is feeling dry.

#### **7. Don't Put Weird Stuff On Your Face**

Just like there are many myths about what causes acne, there are also a lot of misconceptions about what can be used to treat it. The internet is crawling with weird (and even gross) home remedies sworn

to banish pimples, including:

- Cinnamon
- Garlic
- Lemon juice
- Rubbing alcohol
- Toothpaste
- Urine
- Cleaning solutions

These remedies simply aren't effective. Actual acne medications are going to give you much better results. If you're desperate to heal a big pimple, use an acne spot treatment instead of a strange remedy.

### **8. Be Careful to Not Shave Pimples**

Shaving is another matter. If you have pimples in the beard area, do your best to shave carefully. The more you irritate your skin, the redder and more inflamed it's going to look.

- Shave around pimples, if possible.
- Avoid shaving the tops off of your pimples.
- Shave less often until the inflammation goes down.

### **9. Body Acne Can Be Treated, Too**

The face isn't the only place that pimples can pop up. It also commonly appears on the following areas:

- Back
- Chest
- Neck
- Shoulders

Many of the same medications that are used on your face can also be used for other body parts. Benzoyl peroxide soaps and body washes are often used to treat body breakouts.

Your healthcare provider might also prescribe other medications, like oral antibiotics or even isotretinoin. This will depend on how serious your pimple breakouts are.

### **10. Tell Somebody If Acne Has You Down**

You may not want to admit it to anyone, but pimples and acne can take a toll on your self-esteem. It can make you feel less confident, insecure, angry, and depressed. These are normal feelings.

Starting treatment and seeing some good results can really help you feel better. So can focusing on things other than your skin and pimples. While you're waiting for results, distract yourself with sports, music, art, or any other interests you have.

There will likely be times when you just can't seem to not think about your acne and pimples. If acne is controlling more of your life than you want it to, let someone know. Tell your parents, a favorite teacher,

clergy person, your healthcare provider, or anyone you trust.

You can get through it, you can get over it, and you can feel good about your skin and yourself again.

## **Summary**

There are a lot of myths out there about the causes and treatment of acne. Here's the truth: If you're prone to acne, help is available. By working with your primary health care provider or dermatologist, you can find an over-the-counter or prescription treatment that works for you.

It's also important to avoid home remedies and establish a simple skin care routine. No matter what treatment you're using, you need to stick with it long enough for it to work.

As much as you may hate to hear it, you can expect to get new pimples during acne treatment. They won't stop all at once, but they'll slowly start fading away.

Also, keep it up after your skin clears. Acne medications don't stop pimples for good; they just keep it under control. If you stop using the medication, the acne will probably come right back and pimples will pop up again.

At some point, your pimples will disappear on their own and you'll finally be able to get rid of your acne treatments for good. Until then, stick with it.

#cosmetics #acne #pimples

<https://www.verywellhealth.com/treating-teen-acne-in-boys-15939>