

teen Acne

WHAT THE BIGGEST MYTH ABOUT ACNE?

85% of teens and 72% of adults said that they “thought washing your face more often helped clear up acne.” **Not true!** Get clear on acne facts at www.dermatology.ca/acne.

About teen acne

Most teens are affected by acne to some degree. Some studies have shown that the earlier acne appears, the worse it can get during the teen years. Treating it early, no matter how mild or invisible it may look to others, is vital to keep the condition from becoming severe and causing scarring.

When should you see a dermatologist?

You should see a doctor when treating acne yourself using over-the-counter products isn't improving your skin condition within six-eight weeks. Your family doctor or dermatologist can help with even mild cases of acne.

Over-the-counter (OTC) acne treatments

Whatever you try, it's important to stick to the treatment for one to two months before you can see a difference.

What you should know:

- Topical medication should be applied to the entire affected area, not just individual pimples.
- Applying more won't work better or faster, so apply a thin layer evenly.
- Use product as directed on the label and as recommended by your doctor.
- Products containing benzoyl peroxide can make your skin more sensitive to the sun, so reduce your sun exposure and wear sun protection.
- Apply your acne medication first and let it dry before applying any make-up.
- Keep using your treatment even after acne has visibly improved in order to prevent a new acne breakout.

For more information about acne, visit:
www.dermatology.ca/acne

This information sheet has been produced with the assistance of an unrestricted educational grant from:



DERMIK®
the dermatology division of sanofi-aventis Canada Inc.

OXY®
Clear Skin, No Problem™

Solugel®
Hydrophase

Quick facts about ACNE

- ~ Acne affects nearly 20% or 5.6 million Canadians
- ~ More than 80 % of acne sufferers are between the ages of 12 and 24
- ~ Acne affects about 90% of adolescents and 20-30% of adults
- ~ It usually starts around puberty and lasts until adulthood, although it can persist for many more years, regardless of age
- ~ About 25 % of teens will still have acne at age 25

TOP 10 Dos and Don'ts for ACNE



Don't pop! Picking and squeezing leads to more bacteria being distributed and more acne.

Do wash your face **ONCE** or twice daily with proper acne washes to help keep acne at bay.

Do apply sunscreen! Skin is much more sensitive to UV rays when you use acne products.



Don't stress out! Stress can indirectly worsen acne by affecting your hormones.

Do use oil-free makeup.

Look for noncomedogenic products – they don't contain ingredients that clog pores.



Don't wear makeup! Take a break to let your skin breathe and heal at least once a week.

Don't feel alone. Nearly everyone in the world gets pimples.

Do wash your pillow case and sheets often. They absorb oil and reapply the dirt and oil to your skin.



Do wash your makeup brushes with antimicrobial soap. Makeup applicators can store bacteria.

Don't scrub too much! It won't work and can irritate your skin and aggravate your acne.



Dermatologists
Your **SKINexperts**
Canadian Dermatology Association
Association canadienne de dermatologie