FOR THE PARENTS: Of Pre Teen/Teenagers with a problem skin

In the last 20 years in the world of skin science we have come to understand new developments in how to treat the effects of pre teen or teenage acne. We have done our own teen study in January 2013 which gave us proof if you use the wrong home care you can create more of a problem. We now believe prevention and starting early with the correct home care is vital to have happy teenage years not spotty ones.

When will their skin change: At the start of puberty the skin will start to show changes this can be as early as 11. The texture may become bumpy, they may get the odd white head or red spot on the nose, cheek or chin area. Blackheads may start to appear, these symptoms may stay but they can flare up as the hormones change. The forehead may become quite lumpy and bumpy.

What is going on: Up until puberty your sebaceous gland in the skin has never produced sebum (a type of oil that protects the skin) when the hormones of puberty kick in so does the start of sebum and there is a change the texture on the skin. You will see an oiliness black heads you may even get red spots that can turn in to white heads. At this stage the best thing to do is NOT PANIC. Do not rush to boots or a chemist and buy over the counter products. These products are too harsh and do not treat the skin correctly they will cause more problems. If any of them actually worked I would not need to write this hand out and there would not be 100’s to choice from!

Do not think they are not bothered: At this age a few spots could mean the world to them, ask them if they want to help for their skin. We are happy for them to come in and have a chat with us. We can teach them how to look after their skin and what not to do and what to do. This half an hour with us will save you time and money.

Does their skin bother you more? If this is the case try not to put pressure on them to do something. You can buy them the correct skin care (from us of course). Do not touch or squeeze their skin it will make it worse.

Will antibiotics help? Beware of antibiotics they can work for a short while but there is now a lot of research to prove skin will become antibiotic resistant and long term use of antibiotics will caused long term problems with the stomach. Try and sort the skin out first before you start them on the road of antibiotics. We can advise you as if your child’s skin needs antibiotics.

Will Roacutane help? Roacutane was and still is the acne WONDER drug. Over the last 30 years it has been forgotten is was created to treat acne vulgaris (see picture 1) to give roacutane to pre teen or teenage skin which are classed as grade 1-3 would be quite an extreme thing to do. Roacutane is your last resort. You use this when you have tried everything else Do not use roacutane as the first thing. We have found wrong use of roacutane will cause long term problems later on.

Will the contraceptive pill help? In our findings if a teenage goes on the pill for problem skin before she has finished puberty (on an average girl 18/19) she will have recurring problems years later. (We can say this from personal experiences) Puberty can take 3/5 years to completely stop the levelling of hormones. We feel going on the pill to early at this stage will never allow the hormones to do as mother nature intended. Use the pill once the hormones have settled ie: periods become regular moods swings not so swingy. There is a lot of evidence that proves a diet too high in sugar will cause symptoms to worsen. Taking Omega 3&6 supplements can help.

What can be done: As not two skins are the same it is difficult to give you a blanket answer in how to look after the skin. Come in and let us educate your teen as to how best it is to look after their skin. We will work with them and give them support during this time.
For Pre Teens and Teenage With Problem Skins.

**What is happening to my skin:** Up until puberty your sebaceous gland in the skin has never produced sebum (a type of oil that protects the skin) when your hormones of puberty kick in so does the start of sebum. You will see an oiliness, black heads you may even get red spots that can turn in to white heads. Your skin may feel rough and lumpy. At this stage the best thing to do is **NOT PANIC**. Go and tell a parent your skin is upsetting you and after reading this advice you will be clued up as to how to help it.

**Does this sebum cause my spots?** No sebum on its own will not be the cause of spots. It is a bit like making a cake you need more than one ingredient. Stripping or over washing to remove sebum will not stop spots if any thing it will cause other problems.

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**What should I use to clean my skin?** Gently, your skin is still young. We have done a pre teen and a teenage skin study and found over the counter skin care caused more problems as they are too strong for young skins. We have now devised a simple easy to use routine pop so we can help you understand how best to look after the skin.

**Can I squeezes my blacks spots white heads?** It is easy for us to say don’t squeeze as we are not the ones with the spot on our face. If you are going to squeeze, the only spots you can squeeze are the ones with white head that are at least a day to two days old. Only squeeze at night with very clean hands. After squeezing apply one drop of tea tree on to a wet ear bud and dab on to the head of the spot. Only squeeze once over squeezing will make matters worse. Do not squeeze lumps under the skin this will cause more of a problem, do not squeeze black heads you will only create them to come back. If you are really upset and worried about your skin please come in and have a chat with our skin educators that will advise you as to how best look after your skin.

**Will my skin get worse?** That is the million dollar question and the answer is we do not know. What we do know is Acne is a hereditary skin condition so if your mum dad uncle or aunty had it then there is a higher possibility of you getting more than the odd spot. We now work on preventative measure not the cure. So once your skin starts to change no matter how small get your mum to bring you in to spend 15mins to talking to us so we can give you all the tips tricks, advice and guidance to prevent the skin getting worse. One thing to know is we can not STOP SPOTS but we can prevent them from causing you distress upset embarrassment and scars.

**How do I get rid of my spots and stop my skin looking this way?** In 20 years of looking after pre teen /teenage and acne skins we have of yet not found one thing to stop spots or for you not to have this problem. The adverts on TV promise you their product works. There are drugs you can get from the Doctor there are 100’s of treatments that promise to help.

Our word of warning is do not keep looking for the cure as if there was one we would not be writing this hand out and there would not be 100’s and 100’s of acne products on the market. We have worked with 100’s of skins, some of us have suffered with problem skin’s ourselves so we can understand how you feel, we have also had our own teenagers with skin issues. We are very understanding fully equipped to help you sort out your skin concerns. Together we will work with you and get you to have a skin you are happy with.