

PUBERTY & THE SKIN

PATIENT INFORMATION & INSTRUCTIONS

ACNE

Hormonal changes increase oil production in the skin and leads to enlarged sebaceous glands and bacteria that cause acne.

- **Skincare routine is crucial:** We recommend a facial cleanser containing salicylic acid, a gentle facial moisturizer, and adding in an acne spot treatment product containing benzoyl peroxide.
- **Avoid acne scars:** If the over the counter skincare routine is not enough, it is time to see a dermatologist. Acne scars form quickly and are almost always prevented with early intervention.

HAIR & FOLLICULITIS

Hormonal changes also create hair growth in new locations. A common skin issue can arise called folliculitis. This will look like acne or an “ingrown hair”. This is much more common for any individuals who shave.

- Regular showering and cleansing with either body wash or shampoo will help prevent this. If you notice folliculitis happening, we recommend cleaning with a special soap called Hibiclens.
- A dermatologist can also prescribe an antibiotic lotion if cleansing is not enough.

SWEATING

Hormonal changes will also result in increased sweating. This sweat will begin to smell due to the increased oil production and presence of hair in new areas.

- Regular showering and cleansing with either body wash or shampoo will help prevent the smell.
- We recommend a gentle deodorant/antiperspirant like Dove. Other brands are okay too, but be careful with new perfumes and fragrances. These can irritate the skin and cause rashes.
- Excessive sweating or “hyperhidrosis” can happen in some people. If this happens, a dermatologist can prescribe a special type of deodorant that is stronger than what you can get in a store.

