

7 Tips For Boys On How To Deal With Their Acne

Many people believe that boy's puberty and acne should not be seen as a problem but boys might disagree. Acne can have an affect on the confidence of the young man and makes this transitional time harder to live with.

Boys, puberty and acne can be controlled if you know what to do. When the boy starts showing signs of acne you can try changing his diet. Some folks agree that eating greasy foods or foods that contain chocolate may add to the problem of boys, puberty and acne. Although most experts disagree with this acne myth.

It is important for the boy to keep his face clean. There are many products on the market that can be used for cleansing if acne is a problem. Boys during puberty may find these products to be helpful.

Sometimes puberty and stress can combine to make acne even worse. Find the causes of stress and work on reducing or eliminating it. The acne itself can lead to stress and then you have a vicious cycle. A boy during puberty does not need the added stress of acne.

When you are dealing with boys during puberty it is helpful to know some things about acne. Here are some tips about boys during puberty who are experiencing acne.

Acne tip #1: Take the condition seriously. Acne outbreaks may not seem like a big deal to you but they may be a big deal to a boy during puberty.

Acne tip #2: Suggest a gentle skin cleaning regimen rather than severe scrubbing with harsh cleaners. A mild cleanser that can be used twice a day is all that is needed.

Acne tip #3: Ask a doctor or dermatologist for skin care advice. A health care professional will be able to guide you as far as a good cleaning program.

Acne tip #4: It is not a good idea to squeeze or pick at blemishes. This practice only makes the acne worse, and makes the scars last longer.

Acne tip #5: Try using acne skin care products that do not promote blemishes. There are skin care products that are labeled as non-comedogenic that should not clog pores.

Acne tip #6: If the boy is shaving try using different types of razors. Sometimes an electric razor is the best but for other boys a safety razor will be more comfortable.

Acne tip #7: If the acne is severe you may need a dermatologist to prescribe a medication for the boy during puberty. Sometimes a prescription is necessary to lessen the affects of the acne.

Boys during puberty need a lot of support and understanding. Discovering the best way to combat an acne condition will help a teenager during puberty so that he can deal with all the other changes that he is going through.

Source: <http://www.articlecircle.com>

About the Author

Daniel J Lesser is the creator of AcneInfoSite.com. A whole world awaits for a beautiful spotless face. Find out how to control your acne at www.acneinfosite.com.