

How To Treat Teenage Acne | Dr Rashmi Shetty

4 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=UDPQ30RFDJK](https://www.youtube.com/watch?v=UDPQ30RFDJK)

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SUMMARY

Teen acne can significantly impact a young person's confidence, prompting parents to seek effective strategies for management and treatment. Understanding the causes, recognizing when to consult a healthcare professional, and promoting good hygiene are essential steps in addressing this common issue.

- *Teen acne can manifest as uneven skin or hormonal changes affecting oil gland function.*
- *Parents should monitor their child's scalp and skin hygiene, and consider simple treatments like changing moisturizers or using topical ointments.*
- *Family history of acne may indicate a genetic predisposition, necessitating proactive management to prevent scarring.*
- *If a teenager is overweight and experiences darkening skin along with acne, it may signal potential issues like PCOS, warranting dietary changes and medical consultation.*
- *Dry skin with acne could suggest thyroid problems, highlighting the importance of comprehensive health evaluations.*
- *Makeup hygiene is crucial; improper use of products can exacerbate acne.*
- *Early intervention is key; parents should consult a doctor at the first signs of acne to prevent long-term skin issues.*
- *Professional treatment can effectively manage teenage acne, emphasizing education on self-care and skin management.*

stubborn teen acne which is the biggest question i mean the the minute we put out the conversation uh communication that both of us are going to chat the biggest question was stubborn dean acne and how can one correct it because there are so many parents who wrote in that it really affects the child's confidence so what should be a parent's go-to guide be in terms of dealing with um you know and when is the right time to reach out to a practitioner

so i think how a teenager might present with an acne is firstly let's just this is this is not a scientific way of dividing but i'm simply dividing it okay it could be those initial slight unevenness on the forehead or along the hairline that you might see yeah in that to make sure you check your child's scalp to see whether they have that it could simply be that slight change of the function of the oil glands on the

face which is beginning to happen because of hormones influence so in that case something as simple as changing their moisturizer washing their scalp alternate days keeping teaching them the hygiene things that i told you in the first question so these are things that you can teach them and simple ointment like an adaptability can help but however reach out to your doctor it's always good i wouldn't say there is a right time to

reach your doctor reach

out to your doctor that day you see something which is irritating what's the right thing to do right but here what i am telling you is generally for your knowledge so that's what we end up doing for that two she could end up having acne around the cheek yeah this then you need to watch out if hereditary what does that say did you as a mom have acne when you were younger or did the father have sometimes mother and father

don't have but all the aunts and uncles in the family might have cousins in the family might have so you need to figure out could it be an acne because of any of the familiar issues then in that case you know again hygiene is most important to take her to the doctor so that acne doesn't flare up it is controlled so scars don't remain for the future so that is something that and then you need to counsel your child

and tell her your acne might keep coming and going for a few years because this is what is in your genes but it is in us to make sure it doesn't flare up and we keep it under control so that's the way talk to your children counsel then if you don't have any history of acne scalp is squeaky clean but you're seeing that the child is you know slightly overweight and then if you the child's body folds

such as the neck the underarm is getting a little darker and then she also has acne then the first thing you should do is cut out a sugar and cut out a dairy and then reach out your doctor it could be the start of something called as a pcos yeah so these are the two three things that you can understand with your acne none of this present but she has a dry skin and some acne it could even be the

beginning of a thyroid issue so these are a few things that you need to watch out in a team group while they are growing into another scent this could be if you have ruled out all of this it could be that your daughter has started using makeup and in that case maybe she's not taking a makeup brush properly maybe she's not keeping her sponge properly maybe she is using your cast away makeup or thrown away makeup so maybe the

makeup is not fresh so all of this is also something that you may want to look out for [Music] so today in the clinical practice we have every gadget to take care of everything however certain scars like bitterness cuts are very difficult to take out therefore this is the age that you teach your child how to take care and the minute first act they don't say you'll grow out of teenagers please reach out to your doctor she

might grow out of the acne but what it leaves behind becomes very complex for us to remove even with all the top gadgets so i reach out when you have acne and we at you know me i'm very conservative i am saying no to more people than i say yes to when they ask me for treatments so we take care of teenage acne in a way where we literally have had 100 result in terms of either completely curing it or

making them understand this is something that's going and coming so you need to deal with it yourself and how you control it