

ALL YOU NEED TO KNOW ABOUT SPOTS

How many spots you get is just unfair. Some get a lot and some just a few; it depends entirely on hormones in the body and hereditary factors. Spots have nothing to do with unclean or dirty skin. The function of the sebaceous gland is disturbed in different ways and results in spots being formed. This takes place below the skin. Most get spots in the face but many also get them on other parts of the body where there are sebaceous glands, like on the back, shoulders or chest.

There is no link between spots and unclean skin!

Ask any member of the pharmacy staff for a pharmaceutical.

Spots are not due to unclean skin and therefore, you can not get rid of them by just washing your skin. To remove spots, you have to use pharmaceuticals that treat the skin from the inside - where the spots are being formed. At the pharmacy, you can buy over-the-counter medicine that contains benzoyl peroxide or salicylic acid, which can help you get rid of spots.

Don't be surprised if you need help from a prescribing doctor or nurse at the health care center.

You can get help from a doctor to get the right prescription drug for your acne. Usually you need a stronger gel or cream, in some occasions pills, for example antibiotics. A specialist nurse at the health care center may also prescribe certain acne drugs. If you don't know how to book an appointment at the health care center, ask an adult like a parent or your school nurse for help.

All pharmaceuticals that contain benzoyl peroxide bleach hair and textiles. It is very important to wash your hands after applying and a tip is to use white towels and bed linnen!



Don't give up, it might take up to 2-3 months before you get an optimal result.

Patience pays off - be compliant to the pharmaceutical treatment that has been prescribed for you. You often get a visual effect already after 1-4 weeks but it can take up to 2-3 months with daily treatment before you reach the optimal result.

! Be aware that your skin can become red, dry and irritated during treatment with pharmaceuticals for acne !

This is not necessarily dangerous or strange but is a common reaction for many pharmaceuticals and can be a sign of treatment effect. The irritation is usually more intense in the beginning of the treatment (first 1-2 weeks) and then spontaneously resolves. Talk to the doctor or nurse who prescribed the pharmaceutical if you have questions!

Don't forget to moisturize your skin daily, also if you have oily skin.

It is important to take care of your skin on a daily basis when treating your spots with pharmaceuticals. Start with washing your skin with a soft cleansing product, then apply the pharmaceutical gel or cream. A couple of minutes after, add moisture to your treated skin by applying a moisturizer. This applies to both girls and boys. Do not be scared to moisturize. Also oily skin needs moisture! Imagine the following three simple steps:



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