

Acne Treatment

What causes acne

- Acne is caused by clogged and infected hair follicles.
- The hair follicles have attached oil glands that over produce oil.
- The oils get infected with bacteria.
- This results in the appearance of pimples.

Things that make acne worse

- Tight headbands, helmets or wool hats.
- Greasy lotions, hair products, and oily makeup.
- Grease-filled air in restaurant kitchens — if you work in this type of environment, be sure to wash your face when you get home.
- Stress. When you're emotionally stressed your body makes extra hormones that can cause breakouts.
- There is no evidence that eating chocolate or certain foods makes your acne worse.

How to care for your skin

- Don't pick or scrub at your acne. This makes it worse!
- Wash you face in the morning and before bed with a mild synthetic detergent. Some examples are Cera-ve or Cetaphil facial cleansers and Dove (Sensitive Skin Bar). These are less drying than soaps.
- Sunscreen is essential while you are using acne medication as it makes your skin sensitive to the sun.
- EVERY day use a moisturizer that has SPF 30 or greater and is non-comedogenic (does not block pores).
- Use make-up that is non-comedogenic (does not clog pores- water based skin care products).
- Be sure to wear a hat when in the sun.

General acne treatment information

- It will take 6-8 weeks of consistent acne treatment before your acne gets better.
- Your acne can get worse before it gets better.
- Start your topical medication slowly as it can irritate the skin.

Your acne medication list:

- ❑ **Benzoyl peroxide topical:** Apply to clean dry skin 1-2 times daily. This product can bleach skin, clothing or hair. If you are using this with tretinoin due not use them at the same time of day. They will not work as well.
- ❑ **Benzoyl peroxide wash:** Apply to your skin. Leave on for a few minutes and rinse off. Try using it while in the shower. Do this 1-2 times daily as tolerated.
- ❑ **Retinoids:** Tretinoin and adapalene. Apply a pea size amount on clean dry skin one hour before bedtime. Stop these medications if you become pregnant.
- ❑ **Topical antibiotics:** clindamycin (cleocin) or erythromycin. Use these 1-2 times daily- directions will be on your prescription.
- ❑ **Oral antibiotics:**
 - **Doxycycline-** Take with a full 8-ounce glass of water and sit upright after taking it for 30 minutes to avoid irritation of the esophagus. Take with food to avoid an upset stomach but your bottle may say otherwise.
 - **Minocycline-** Take with a full 8-ounce glass of water and sit upright 30 minutes after taking medication.
- ❑ **Birth control pill:** Take one pill daily. You can start right away (today) or start within the first 5 days of your next period.