

ACNE INFORMATION HANDOUT

ACNE:

- Condition of the oil (sebaceous) glands of the skin
- Sequence of the development of 'pimples'
 - Oil ducts become plugged (white and black heads)
 - Bacteria multiply behind the plugged oil ducts and produce breakdown products that rupture the underlying skin
 - This irritation produces red bumps, pimples and scarring
 - Picking, squeezing and not following treatment can cause increase scarring
 - Flat red marks occurs with healing and will gradually disappear after several months
- Myth: Acne is NOT caused by uncleanliness and greasy food or chocolate
- Causes: Hormones, genetics and stress

Symptoms:

- Affects face, back, chest and shoulders
- White/black heads (plugged oil ducts)
- Inflamed red 'pimples' or nodules/cyst
- Ice pick scars

Treatment:

- Acne treatment varies depending on what type of acne lesions are present
- Apply medication thinly to ALL affected areas (NOT just the pimple)
- Many of these products can cause irritation (peeling and redness) so start slow using the product a few days at a time until tolerance develops
- Acne treatment usually requires 4-5 weeks or longer before there is visible improvement
- Sometimes acne will worsen in the first few weeks of treatment
- Most acne treatments are controls, NOT cures so they are usually require for a number of months or years
- If more than one product is prescribed at a time, start with one then add second agent a few days after
- White/Blackheads: Topical Retinoids
- Inflammatory: Topical Retinoid/Antibiotic or BP/Topical Antibiotic/AA or Long-term Oral Antibiotic plus Topical Retinoid or Oral Anti-angroden/Retinoid > r/a format
- Nodulystic: Oral Isotretinoin or High dose Oral antibiotic/Topical Retinoid or Oral Isotretinoin/OCP

Prevention:

- Use non-comedogenic or "oil-free" moisturizer, cleanser, makeup and sunscreen
- Start treatment early to prevent scarring