

Acne Treatment

- Wash face twice daily
 - Dry skin types: **Essopi Glycolic 10% Moisturizing Cleanser, PCA Creamy Cleanser, CeraVe Hydrating Cleanser**, Cetaphil Facial Cleanser
 - Oily skin types: **NoLIO Gly/ Sal Cleanser***, **Jan Marini C-ESTA Cleansing Gel**, Cetaphil Oil Control
 - Do not use abrasive scrubs, pads, or sponges - a soft washcloth or fingertips are preferred.

- 2. Moisturize twice daily as needed
 - Dry skin types: **Zerafite Soothing & Calming Cream, Cetaphil Facial Moisturizer, CeraVe lotion.**
 - Oily skin types: Cetaphil Oil Control, **PCA Clear Skin, Essopi Triple Antioxidant** (for more mature skin)
 - Avoid heavy moisturizers or other greasy products such as Noxzema, Cocoa Butter, Shea Butter, or Vaseline.

- 3. Make-up and cosmetics: Foundations should be non-comedogenic and water based. Avoid oil-based foundations. Powders should be loose rather than compact and applied with a brush - mineral powders are best. Never leave cosmetics on overnight.

- 4. Hair products that are oily or greasy in nature need to be applied sparingly while avoiding the facial area. Hair should be pulled back away from the face particularly at bedtime. Pillowcases should be changed frequently.

- 5. For some, consumption of dairy and a diet high in sugar may worsen acne.

- 6. Squeezing and picking acne is to be avoided as it may produce more significant scarring.

Morning: Cleanse Treat _____ Moisturize/SPF (e.g. Elta Clear SPF) Makeup (if desired)	Bedtime: Cleanse Treat _____ Moisturize (if dry)
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** When beginning treatment with retinoids (Differin (adapalene), Retin A (tretinoin), Tazorac, Atralin, Veltin, Ziana, Epiduo, etc.), use only a PEA SIZED amount to cover your face. If too dry, decrease treatment to every other day until better tolerated and moisturize often. For sensitive skin, waiting at least 10 minutes after washing the face and applying moisturizer *before* your retinoid may help further.

** Prescribed oral medications (pills) should be taken as/when directed

UNDERSTANDING ACNE

- Acne results from a complex interaction in your body involving:
 - Hormones
 - Excessive oil production (sebum)
 - Bacteria
 - Heredity
- Acne can be greatly improved with treatment. Do not be disappointed if your progress is slow. Other medications are available if the ones you are on now do not do the job after a fair trial of 10 to 12 weeks.
- As a general rule, acne is not caused by diet or eating the “wrong foods”, although some patients have noticed that certain foods seem to make the acne worse. If you notice that a certain food makes your acne worse you should avoid that food. Otherwise, there are no diet restrictions.
- Acne frequently starts near the time of puberty and may last into the early thirties or longer. Some people, however, reach adulthood before suffering from acne. We recommend to our patients that they stay on the prescribed therapy to control their condition. Frequently, if the treatment is stopped too early, the conditions will come back soon after the medication is discontinued. Therefore, it is important to continue your medication once improvement is seen.
- The depth of inflammation determines the scarring. Papules (red bumps) and pustules (pus bumps) are more likely to cause scars than comedones (blackheads and whiteheads). If scarring is a concern to you, talk to us about this problem as soon as possible. Although many people think that picking or squeezing pimples may help, it may make the condition worse and lead to skin infection, pitting, and scarring.