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Acne Information

Acne is a disorder which involves a defect in the oil gland ducts (pores); these pores do not drain properly, and the oil attracts a unique bacteria to be trapped and inflammation follows. Treatment of acne is two fold- antibiotics to kill the bacteria and retinoid topical cream to unplug and normalize the pore.

FACE

Morning:

- Wash your face with:
 - Benzoyl Peroxide _____% (Panoxyl, Clean and Clear, or Clearasil)
 - Salicylic Acid (Neutrogena Oil Free Acne Wash)
 - Gentle Cleanser (Dove, Neutrogena Fresh Foaming Cleanser, Cetaphil or CeraVe cleanser)

- Next, apply the topical antibiotic if prescribed:
 - Clindamycin lotion/gel/pads
 - Klaron
 - Duac
 - BenzaClin
 - Aczone

- Then, apply a light facial moisturizer. Use a moisturizer that says non-comedogenic. Suggestions are Cetaphil Facial Moisturizer, CeraVe Facial Moisturizer, and Neutrogena Facial Moisturizer.

- Finally, take _____ by mouth

Evening:

- Wash your face:
 - Benzoyl Peroxide _____% (Panoxyl, Clean and Clear, or Clearasil)
 - Salicylic Acid (Neutrogena Oil Free Acne Wash)
 - Gentle Cleanser (Dove, Neutrogena Fresh Foaming Cleanser, Cetaphil or CeraVe cleanser)

- Moisturize with a light non-comedogenic facial moisturizer

- Next, after 1-2 hours, apply a pea-sized amount of a topical retinoid all over your face. It is quite common to take a week or two for your face to get used to the medication. When you start using these nighttime topical, start by using it every other night for one to three weeks, until you are not dry anymore.
 - Differin/Adapalene _____%
 - Retin A/Tretinoin _____%
 - Tazorac, _____%

- Moisturize with a light non-comedogenic facial moisturizer

- Finally, take _____

BACK

Once Daily:

- Wash your back with:
 - Neutrogena Body wash 2% salicylic acid
 - Panoxyl 10% Benzoyl Peroxide

- Next, apply the topical antibiotic if prescribed:
 - Clindamycin lotion/gel/pads
 - Klaron
 - Duac
 - BenzaClin
 - Aczone

Stick with your daily routine. Patience pays off. Improvement usually takes up to 10-12 weeks to be seen. Sometimes your face will flare (look worse) when you start prescription strength treatments. Rest assured that this is normal and results will happen soon. Topical acne treatments tend to be rather drying. Tolerate as best you can, as the trade off is worth it.

Hot Tips: Don't pick, squeeze, or scratch your face. This habit leaves scars. Picking or scratching is often stress related....Make the commitment to stop. You can do this with practice and time.

Oral Medications

- Doxycycline (Adoxa and Doryx) and Minocycline (Dynacin and Minocin) are the two most commonly used oral antibiotics for moderate to severe acne. They are safe to take for months at a time. They can cause increased sun sensitivity (Doxycycline more than Minocycline), occasional stomach upset, heartburn, and headache. Always wear a hat, wear sunblock, and avoid midday sun. Take the antibiotic with food, but avoid dairy products as they may decrease absorption of the medication. Minocycline may cause dizziness with the first few pills you take. Stop the medication if you get a severe, unusual headache. For women who are prone to yeast infections, you may use OTC anti-fungal creams 2-3 times a week, preventively. If prescribed antibiotics, please take with full glass of water and do not take medication while lying down!

Note: there is some evidence that daily antibiotic use may decrease the effectiveness of oral contraceptives (birth control pills).

- Oral contraceptives (O.C) or Birth Control Pills

By decreasing the hormonal fluctuations that significantly contribute to acne, we advise you to consider taking O.C.'s. The newer formulations in the past decade have become a routine part of acne treatment for girls and women. These are low-androgenic O.C.'s that are optimal for acne patients. Discuss with your OB-GYN which O.C. is most appropriate for you. The patch (Estronstep), the Nuvaring, and injectables such as Depo and Lunelle are not effective for serious acne control. Just a reminder that improvement of acne from O.C. use takes about 3-6 months.

- Accutane (Amnesteem and Claravis)

This medication is a retinoid, i.e. a Vitamin A derivative like Retin A, but in oral form for cystic acne or acne that does not respond to all the above medications. The pills are taken for 4-5 months with monthly blood tests required. This treatment method can clear acne for years. It is VERY teratogenic (causes birth defects) so women on Accutane must use two forms of birth control. Ask us for the separate Accutane Information Sheet if your clinician has discussed this as a potential treatment for you.

- Spiroonolactone (Aldactone)

This oral medication is a mild diuretic that blocks testosterone receptors; testosterone is the hormone that aggravates acne. A blood test such as electrolytes and liver function test prior may be needed.

Treatments That Improve the Overall Look and Feel of Your Skin

We offer many different methods of skin care, which improve texture, decrease mild scarring, decrease pore size, and increase absorption of your topical treatments. Please ask for a cosmetic consultation if you would like more information about the following:

- Light Chemical Peels
- Glycolic acid creams and cleansing gels
- Microneedling

Make Up.

A light foundation make-up is very good to use to cover up any marks and decrease any picking. Neutrogena, Almay, and Physician's Formula make excellent, inexpensive foundations. We also recommend department store brands as Clinique and Prescriptives. Mineral based powder foundations (Bare Minerals) tend to be excellent.

Diet and Acne

The thought that greasy foods and chocolate causes acne is a myth. The relationship between food and acne has not been well established, however there are some early reports that high glycemic index foods and some dairy may be associated with acne.

Important Note: please let your clinician know if you are pregnant, breastfeeding, or trying to get pregnant as some of these acne medications, topical as well as oral, are not safe during pregnancy.

For more info visit: <https://www.nlm.nih.gov/medlineplus/acne.html>