

Acne

Acne is a hereditary disease that is induced and aggravated by many factors. This instruction sheet was written to aid you in eliminating as many of these aggravating factors as possible.

PHYSICAL FACTORS – Do not squeeze or pick at your skin. Avoid leaning on your chin. If you play a sport, such as hockey or football, remove your helmet, chin strap or pads as soon as safely possible. The pressure and occlusive tendencies of these objects will block your pores. Athletes, especially runners, can develop severe summer acne on the chest, back or shoulders. This results from prolonged sweating in people with oily skin. If you fall into this category, you should avoid prolonged exertion during the midday, especially on days with high humidity. Try to keep damp shirts off your skin and shoulders. After running, shower as soon as possible. If you have bangs, try to keep them off your forehead whenever possible.

DIET – Diet is controversial. Recently studies suggest dairy products aggravate acne. If you decrease your dairy intake, you need to supplement calcium intake. One example is Caltrate D. Please see www.milkacne.com for a dairy free diet.

FACIAL CARE – Wash your face 2 or 3 times daily with one of the following: Aveno Bar, Cetaphil Cleanser, Aquanil Cleanser or Cerave Cleanser.

MOISURIZERS – Avoid creams or lotions that contain oils. Many Oils will block your pores, thus inducing acne activity. Avoid oily sun tan lotions in the summer. If your skin becomes over dry, we recommend, **DML**, Cetaphil Moisturizer, Aveno Moisturizer or Cerave Moisturizer. It is important to use moisturizers with sun protection when using acne medications in the sun: **Vanicream SPF 60**, Eucerine SPF 30, Oil Olay SPF 30, Neutrogena SPF 45 or Cetaphil UVA/UVB Defense SPF 50.

HORMONAL FACTORS – The female hormone, estrogen, helps keep acne under control. Just prior to a menstrual period this hormone decreases in the body and female patients will have a tendency to experience an acne flare. At this time, it might be worthwhile to increase the application of medications to your skin.

ORAL CONTRACEPTIVES – New oral contraceptives have beneficial effects on acne. Should your acne not respond adequately to our usual acne regimen, let's discuss oral contraceptives. The best oral contraceptives at this time for acne are **Yasmin**, **YAZ**, and **Ortho Tri-Cyclen**. If you are over 35, have high blood pressure, migraine headaches, history of blood clots, or you smoke, you should not use oral contraceptives.

HAIR CARE – Shampoo as often as necessary to keep your hair free of oil. You may use any good degreasing shampoo. Head & Shoulders is useful if you have dandruff as well as oily hair. Change your pillow case twice weekly.

MAKE-UP – Many good quality, oil free, water based make-ups are acceptable. Major brands including **Clinique**, **Prescriptives**, **Estee Lauder**, **Lancome**, **Bare Essentials**, **MAC**, and **Almay** have non-pore blocking make-up. Ask for non-pore blocking oil free make-up when buying your cosmetics. Do not use pancake make-up or cover stick.

I. **TOPICAL THERAPY** – Includes creams, gels, ointments, foams and cleansers

A. **RETINOIDS**

Apply a pea size amount of the indicated medication to entire acne areas every other night for 2 weeks. If there is no irritation: itching, discoloration, burning, peeling or redness increase application to every night. Do not apply this medication in areas of waxing. This medication can make your skin more sun sensitive, so if traveling to sunny areas discontinue this product 1 week before.

_____ * Tretinoin (Retin -A, Avita, Renova, etc)	_____ * Tazorac
_____ * Differin	_____ * Ziana (also includes clindamycin)
_____ * Atralin	_____ Other _____
_____ * Epiduo	
_____ * Finacea	

* **MEDICATION NOT TO BE USED DURING PREGNANCY OR TRYING TO GET PREGNANT ***

B. **ANTIMICROBIALS**

_____ Clindamycin (Clindagel, Clenia, Evoclin, etc.)	
_____ * Benzoyl Peroxide (Brevoxyl, Triaz, Benziq, Soluclenz etc.)	MAY BLEACH FABRICS
_____ * Antibiotic/Benzoyl Peroxide combination (Benzaclin, Duac, Benzamycin, etc.)	MAY BLEACH FABRICS
_____ * Sodium Sulfacetamide (Plexion, Avar, Klaron, Clenia, Ovace, Clarifoam, Rosac, etc.)	MAY BLEACH FABRICS
_____ Other _____	

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C. SUPERFICIAL CHEMICAL PEELS

At times the skin of the face is resistant to topical therapy. If that is the case, or if more rapid results are desired, we can suggest two types of superficial peels.

_____ * **Beta-Lift Peels** – Salicylic acid peels, performed by our staff on a monthly basis for 2-3 months. We start with 20 % strength and increase to 30 % if needed and/or tolerated.

_____ * **Glycolic Acid Peels** – Performed by the physician on a monthly basis for 2-3 months.

II. ORAL THERAPY – Should almost always be used in combination with topical therapy.

A. ANTIBIOTICS

For short-term treatment of moderate to severe acne, antibiotics are used to suppress pustules and deep abscess lesions. The antibiotics should be taken with water or juice but not with milk. Antacids, iron tablets and milk decrease the effectiveness of some antibiotics. There may be side effects such as stomach upset, vaginal yeast infections, headache, increased sun sensitivity, occasional dizziness, allergic reaction, or rashes. Let the office know if you experience any of these side effects. **GO TO THE ER IF ANY TROUBLE SWALLOWING OR DIFFICULTY BREATHING.**

_____ * **Doxycycline** (Doryx, Adoxa, Monodox, etc.)

Take after eating a meal and with a full glass of water and do not lie down within 1-2 hours after taking. A small number of patients can develop severe sun sensitivity, or may rarely cause stomach ulcers.

_____ * **Minocycline** (Minocin, Solodyn, etc.)

Associated with 3 rare side effects: drug induced lupus, drug induced hepatitis and permanent blue/black discoloration of the eyes, teeth, skin and cartilage. Dizziness is a common side effect and the medication should be discontinued.

_____ * **Ampicillin**

_____ * **Erythromycin**

_____ * **Sulfa** (TMP/SMX, Bactrium, Septra)

Has a high rate of allergic reactions. Let the office know if any rashes develop. **GO TO THE ER IF ANY TROUBLE SWALLOWING OR DIFFICULTY BREATHING.**

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We may discontinue the oral antibiotics in 3-4 months if you do well with the prescription.

If you take antibiotics for a year, we encourage a routine blood test to make sure the antibiotics are being metabolized properly and are not affecting your body in any adverse way.

**** FEMALE PATIENTS ****

Should your menstrual period be delayed by 3-5 days or there is a possibility of pregnancy, discontinue all of your acne medications and call our office for further instructions.

YOUR SKIN CARE REGIMEN:

Morning: Wash with _____ Apply _____

Afternoon: Apply _____

Bedtime: Wash with _____ Apply _____

Take _____ by mouth _____ times a day.