



CENTER FOR ADVANCED AESTHETICS

37767 Market Dr, Suite 200, Charlotte Hall, MD 20622 • 301.884.0278

22590 Shady Court, 3rd Floor, California, MD 20619 • 301.994.8010

10 St Patricks Drive, Waldorf, MD 20603 • 240.448.2970

www.shahdermatologyLLC.com

ACNE

Acne is a complicated condition of the skin that affects people of all ages. It most often affects the face, neck, chest and back. It may present in the form of open comedones (blackheads), closed comedones (whiteheads), pustules, or deep painful cysts.

Commonly seen in teenagers, acne is related to the hormonal changes associated with puberty. However, hormones are not the only influence on acne and therefore it can present itself at any age. Oil production, bacteria, and inflammation are equally important. Many people have found that stress, greasy foods, and chocolate make their acne worse. Although this is anecdotally true, there is no scientific evidence to prove it.

Once again, acne is a complicated condition. Therefore, treatment must also be multifaceted. Treatment options include topical washes, gels, creams, solutions, as well as oral antibiotics and medications.

OIL CONTROL:

The first principle of acne treatment is that any product that touches your face, neck, chest or back must be **OIL FREE**. This includes soap, moisturizer, makeup or sunscreen. These words should be clearly written on the bottles. Benzoyl Peroxide washes and gels help to dry out the skin. If this is too drying, an oil free moisturizer will be helpful to control the flaking of the skin.

BACTERIA:

Antibacterial soaps (Dial, Lever 2000, etc.) should be used to bathe with, unless a prescription wash is recommended. Topical antibiotics, as well as oral antibiotics contribute to decreasing the bacterial load on the skin and to clearing up the acne. Antibiotics orally are prescribed for many months. Side effects depend on the antibiotic prescribed to you, your constitution, and other factors such as sun exposure. Usually well tolerated, patients most commonly complain of headaches, dizziness, stomach upsets, and sun sensitivity. Oral antibiotics do not routinely cause any harmful effects on the body. Resistance to the medication can happen, but the antibiotics chosen are usually not commonly used for other types of infections.

HORMONES:

As stated before, hormones affect acne. More specifically, testosterone, a hormone found in both men and women, but in different amounts, stimulates glands to produce oil. Therefore, acne usually presents after puberty when hormones begin to circulate at higher concentrations in the blood. Treatment options for certain women include oral contraceptive pills. It is important for you to see your OB/GYN to see if this treatment is appropriate for you.

INFLAMMATION/CYSTS:

As an acne lesion forms, the skin undergoes a series of changes termed "inflammation" that causes the skin to be red and tender with cyst formation. Treatment for this includes an injection of a mild steroid solution into the cyst by your dermatologist. This helps to decrease the inflammation or redness. It is important to avoid overuse of this option to minimize side effects of skin depression.

ACNE SURGERY:

Once the skin has been treated for at least a month with a retinoid medication (Retin A, Differin, or Tazorac), Acne Surgery may be used to help open up lesions. Acne surgery uses an instrument with a sharp edge that punctures the skin, and then uses a hollow end to pry out contents of the acne lesions. You feel a sharp pinch and then firm pressure. You will look red and irritated for the remainder of the day.

ACCUTANE:

Accutane is an oral medication used to treat acne. It is usually saved as a last line of therapy, after treatment with topical medications and oral antibiotics has failed over several months. It is a serious medication with potential side effects. However, if used carefully and with close follow up with your dermatologist, Accutane can be a very effective treatment for resistant acne. Treatment requires monthly blood work, including pregnancy tests for women, as well as a monthly office visit with your dermatologist. If you are interested in Accutane, ask if you would be a candidate.



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There are a variety of medications used to treat acne. Together with Dr. Shah and her colleagues, you can develop a regimen that is right for you.

Your personalized Acne Treatment Regimen:

Name: _____ Date: _____

1. Wash your face twice a day (morning/night) with the following cleanser. Pat dry, do not rub hard. Washing more than twice a day may irritate your skin and make your breakout worse.

Face

- ☐ Cetaphil Gentle Skin Cleanser
- ☐ Cetaphil Oil Control Cleanser
- ☐ Cetaphil Daily Facial Cleanser
- ☐ CeraVe Cleanser
- ☐ Other _____

Body

- ☐ Benzoyl Peroxide Foam 5.3/9.8%
- ☐ Panoxyl
- ☐ Antibacterial Soap (Lever 2000, Dial, Cetaphil)
- ☐ Neutrogena Acne Wash (Sal Acid)

2. Apply in the morning after washing. These products are easy to camouflage as they dry clear and go well under makeup, moisturizer, etc.

- ☐ Clindamycin Plegets (Clindets, Cleocin)
- ☐ Erythromycin Solution/Lotion/Gel (T Stat)
- ☐ Onexton
- ☐ Other _____

- ☐ Clindamycin Solution/Lotion/Gel
- ☐ Acanya
- ☐ Aczone 5/7.5%
- ☐ Winlevi

3. You may experience some dryness with the medications that you are prescribed. It is important to continue to use them as long as the irritation is tolerable. Flaking skin, slight redness is normal. If you are very itchy, extremely red, or feel uncomfortable, stop the medicine immediately. Otherwise, you may reduce use to every other day to minimize dryness. In addition, if needed you may apply an oil free moisturizer over the medication in the morning. These are available in any drug store/supermarket. The over-the-counter product I suggest:

- ☐ Cetaphil Daily Facial Moisturizer/SPF 50
- ☐ Cetaphil Oil Control Moisturizer/SPF 30
- ☐ Elta MD Sunscreen: ☐ UV Clear ☐ UV Daily
- ☐ Other _____

4. At night before bed, wash your face again with the above wash (#1). Then apply the following medication. These products are more difficult to camouflage and/or make you more sensitive to the sun and therefore are more appropriate for nighttime use. Be sure to use sparingly to minimize irritation. Use a pea sized amount ☐ for the entire face, dab on different parts of face, then rub in.

- ☐ Epiduo or Epiduo Forte
- ☐ Benzoyl Peroxide Crm or Gel
- ☐ Clindamycin Solution/Lotion/Gel
- ☐ Retin A/Tretinoin Crm or Gel ☐ 0.025% ☐ 0.05% ☐ 0.1%
- ☐ Tazarotene Crm or Gel ☐ 0.05% ☐ 0.1%

- ☐ Onexton/Acanya/Benzaclin/Benzamycin
- ☐ Differin/Adapalene Crm or Gel ☐ 0.1% ☐ 0.3%
- ☐ Ziana
- ☐ Winlevi
- ☐ Other _____

5. You have been prescribed an oral antibiotic. Take it at the same time every day, with food.

- ☐ Oracea 40mg once daily
- ☐ Minocycline ☐ 50mg ☐ 75 mg ☐ 100 mg ☐ Once a day ☐ Twice a day
- ☐ Doxycycline ☐ 50mg ☐ 100 mg ☐ Once a day ☐ Twice a day
- ☐ Cefadroxil ☐ 500mg ☐ 1000 mg ☐ Once a day ☐ Twice a day
- ☐ Other _____