



ACNE BASICS

Basic Rules:

- It often takes two to three months to determine whether an acne treatment is effective.
- Any acne treatment can make it **worse** before it gets better.
- Picking and squeezing does more harm than good and will increase chances for scarring.
- If you become pregnant, stop all medicines and we will determine which medications you can continue.

General Facial Skin Care:

- Wash once or twice per day with a mild wash, such as Dove, Cetaphil, Purpose, or Aquanil.
- Moisturizer/sunscreen/makeup – look for the words **noncomedogenic** (which means that it does not clog pores).

Misconceptions:

- Spot treating does very little and the goal of topical therapy is to treat the entire face to prevent new blemishes.
- There is some scientific evidence for diet affecting acne. Diets with a high glycemic and excessive consumption of dairy seem to exacerbate acne in some people.

Make-up Hints:

- Blush: Most blushes contain D&C red dyes. These dyes can promote acne. Instead of blush, use a rose colored eye shadow. The eye shadow should contain carmine red instead of D&C red.
- Facial powders: Facial powders may also aggravate acne and for those with significant acne of the cheeks/temporal areas it is best to use gel rouge or a bronzing gel. The looser the powder, the less oil it contains. Those best for acne sufferers are Clinique, Coty, and Almay to name a few.