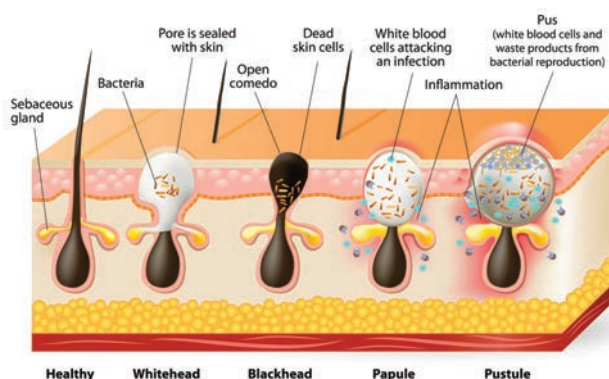


ACNE VULGARIS

- Acne is the most common skin condition experienced in the United States. Up to 85% of teens will experience acne, with 20% developing severe acne with scarring.
- Acne impacts self-esteem, body image and can be associated with poor academic performance.
- Puberty is a common trigger for acne. Hormone levels increase, causing the oil glands in the skin to grow. Extra protein (keratin) in the skin leads to the buildup of skin cells, clogging pores. Acne bacteria feeds on the oil and causes infection and inflammation.
- Many different treatment options available. It may take 8-12 weeks to see benefits of treatment, so keep going!
- Referral to a dermatologist may be recommended for cases of severe acne with scarring or failure to improve on a given treatment regimen.



TREATMENT OPTIONS

☐ Topical Retinoids:

Increase skin cell turnover, decrease oil production, reduce inflammation

Differin/Adapalene (0.1%/0.3%), Tretinoin (0.025%, 0.05%, 0.1%), Retin-A, Tazorac

*Tretinoin is inactivated by sunlight so should be applied at night.

*Tretinoin inactivates benzoyl peroxide so should not be used at the same time.

☐ Benzoyl Peroxide (BPO):

Decreases oil production, kills bacteria, reduces inflammation

Wash/gel/cream 2.5-10%. *May bleach fabrics.

☐ Combination Products:

Benzacclin, Benzamycin (BPO plus antibiotic cream), Epiduo (Adapalene +BPO)

☐ Oral Antibiotics:

Kill bacteria, reduce inflammation

Doxycycline (50-100mg daily-BID) *Upset stomach, photosensitivity, pill esophagitis

Minocycline (50-100mg daily-BID) *See handout

Azithromycin (500mg day 1, then 250mg every other day)

☐ Hormone Helpers:

Triphasic pills: Reduce oil production by decreasing effects of androgen hormones. *Headache, nausea, bloating, breast tenderness

Spironolactone (25-100mg daily): Blocks the effects of androgen hormones on tissue. *Urinary frequency. Dizziness. Absolutely contraindicated in pregnancy, as it can feminize a male fetus.

☐ Isotretinoin/Accutane: Time to visit the experts.

OVER THE COUNTER ACNE PRODUCTS

Gentle, Non-Medicated Facial Cleansers

- CeraVe Foaming Facial Cleanser
- Cetaphil Gentle Skin Cleanser
- Vanicream Free & Clear Liquid Cleanser or Bar
- Vanicream Gentle Facial Cleanser

Medicated Acne Washes (with benzoyl peroxide/BPO)

- CeraVe Acne Foaming Cream Cleanser (4% BPO)
- Differin Deep Cleanser (5% BPO)
- Neutrogena Rapid Clear Stubborn Acne Face wash (10% BPO)
- PanOxyl Acne Foam Wash (10% BPO)

Treatment Creams/Gels

- Differin (adapalene 0.1%) gel:
 - Apply every other night, cover with moisturizer, increase to nightly as tolerated.
 - Benzoyl Peroxide cream or gel (*2.5-10%):
 - Often marketed as “ACNE TREATMENT CREAM or GEL”
 - Apply small amount to acne areas every morning. Cover with moisturizer. May bleach fabrics.
- *Higher concentration doesn't necessarily work better and may be more irritating.

Oil-Free Moisturizers

- Aveeno Ultra Calming Moisturizer with SPF 15
- CeraVe AM Facial Moisturizing Lotion with Sunscreen
- Differin Oil-Absorbing Moisturizer with Sunscreen
- Neutrogena Hydro Boost gel or gel cream
- Neutrogena Oil-Free Moisturizer with Sunscreen

HELPFUL HACKS

- Acne products can cause skin irritation including redness, dryness, and peeling. Frequent use of an oil-free moisturizer can help minimize these side effects and will not make acne worse. Medicated creams and gels can be used every other day until the skin adjusts.
- Topical medications should be applied as a pea-size amount to areas that typically break out. This will treat current acne and prevent new acne from developing, so do not “Spot Treat.”
- Antibiotic pills for acne should be taken with food and a full glass of water to prevent upset stomach.
- Sun protection is always important. Daily use of an oil-free sunblock is recommended.

SOURCES:

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