



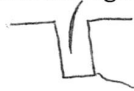
Caring for your Acne

What is Acne?

- Acne is a problem where the pores in your skin become clogged and sometimes infected.
- There are 3 different forms of acne:
 - blackheads (open comedones)
 - whiteheads (closed comedones)
 - pimples or cysts (inflammatory lesions)

What causes Acne?

- Your skin has tiny pores which contain hair follicles and glands that produce oil (sebum) to lubricate the skin and hair.
- During puberty, your oil glands sometimes make too much oil; this, along with dead skin cells, can form a plug that clogs your pores and causes acne.
- This plug attracts bacteria which may cause inflammation.
- Normally, your pores will make the right amount of oil and they look like this:



- If one of your pores is clogged, but stays open, a blackhead forms and looks like this:



- If one of your pores is clogged and closes up, a whitehead forms, and looks like this:



- If one of your pores is clogged, closes up, and becomes infected, a pimple forms, and looks like this:



How is Acne treated?

- Acne is treated by using medication(s) to help unclog pores, reduce the number of bacteria on your skin, and decrease or stop oil production.
- Over-the-counter acne medications can be helpful for mild cases of acne, but if that doesn't seem to be helping, it's time to seek medical advice to evaluate your skin and prescribe medication(s). This is done in a step-wise approach, gradually adding or changing topical (applied directly to the skin) medications as needed.
- Some cases of acne can be more severe or will not respond to topical treatments alone. If this is the case, you should see a dermatologist (skin specialist).

How to care for your skin:

- Gently wash your face (do not scrub) with a mild cleanser at least twice a day, finish by splashing your face with cold water and pat dry.
- Apply topical medication(s) to affected areas as directed.
- Give it time: your acne often worsens before it gets better. Usually around 1-2 weeks after starting treatment your acne will look its worst, and then gradually improve from there. Allow up to 8 weeks to see a difference. Don't give up. Take a picture every week to allow for week-to-week comparison.
- Make sure any lotions and/or make-up you put on your face are "non-comedogenic" (meaning it won't clog your pores).
- If you play sports or are very physically active, it is important to wash your face after activity as well as in the morning and before bed.

Questions?

- Just let us know if you still have questions. We are here for you!