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ACNE FACTS & TREATMENT

General:

Is my diet causing acne? For most patients, diet has no effect. If you notice a certain food aggravates the

condition, simply avoid that food. Otherwise, there are no restrictions.

Can acne be washed off? No, acne cannot be washed off. Ordinary hygiene with regular soap is fine.

How long until it is better? It takes time – usually 1-2 months to begin to note benefit. At return visit in 3 months

we'll expect to see some improvement but it's unlikely that the acne will be cleared.

We'll alter medicine and dose at that time, depending on your response.

What else can I do?

Just conscientious and regular use of medication is essential. They won't do any good if

not used regularly. And of course no picking!

Benzoyl-Peroxide (Clearasil, Clear by Design, Oxy 5% or 10%) and Topical Retinoids (Retin-A, Avita, Differin)

How does it work? Retinoids help open up clogged pores and benzoyl peroxide kills acne bacteria

How do I apply it? Apply topical retinoid at bedtime to **all** of affected area. A pea sized amount is enough

for the entire face. Do <u>not</u> use acne scrub cleaners. Apply a thin film or wash with Benzoyl-Peroxide as directed. Keep in mind it can bleach clothes or linens.

What are the side effects? May cause irritation (e.g. redness, dryness, tenderness). If too much irritation, use every

other night until skin becomes accustomed to it. If irritation is severe, stop medication

and let us know.

Tetracycline, Doxycycline and Minocycline Oral Antibiotics

How does it work? Helps kill bacteria; particularly useful for deep and inflamed lesions

How do I take it? Tetracycline must be taken on an **empty** stomach ½ hour before or 2 hours after meals.

What are the side effects? Side effects are uncommon - most patients have no trouble. Antibiotics can cause

allergic reactions. If you become ill, consider stopping the antibiotic and calling your physician. May cause stomach-upset, nausea or diarrhea. Occasionally results in yeast vaginitis, particularly in women on birth control pills. **Should not take** these antibiotics if pregnant or trying to get pregnant. May rarely decrease efficacy of birth control pills.

Minocycline may cause skin pigmentation, and rarely hepatitis or lupus.

OVER

Hormones - Oral contraceptive pills (Yaz, Ortho Tri-Cyclin), Spironolactone

How does it work? Block hormones involved in acne.

How do I take it? Follow directions in the package insert.

What are the side effects? Oral contraceptive pills can be associated with nausea, abnormal menstrual periods,

weight gain and rarely blood clots and high blood pressure.

Spironolactone can be associated with breast tenderness and irregular periods.

<u>Isotretinoin (Accutane and other brands)</u>

How does it work? Shrinks oil glands and decreases oil production.

How do I take it? Take pills as directed. The FDA mandates enrollment in Ipledge, a highly regulated

program with strict follow-up required.

What are the side effects? Some are serious. Please refer to consent forms for full list of side effects

For more information please visit our website: www.pennstatehershey.org/web/dermatology/home and click on Health Information Library.

If you have any questions or concerns, please contact your provider at the location you were treated. Hershey Medical Center, UPC I, Suite 100 (717) 531-6820 or Nyes Road, (717) 657-4045. Penn State Hershey Medical Group, Colonnade Building (814)272-4445.

