



Blue Ridge Pediatrics

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Acne

Basic Skin Care

1. Wash your skin twice a day with a mild cleanser such as Dove white or sensitive bar soap.. The most important time to wash is at bedtime. Avoid scrubbing your skin because it irritates the opening of the oil glands and can cause them to close.
2. Dry skin is just as bad as oily skin in terms of causing acne. If your skin is dry, use an oil-free, hypoallergenic moisturizer with sunscreen like Cetaphil.
3. Shampoo your hair daily. Long hair can make acne worse by rubbing against your skin. Avoid hair gels, creams, and tonics. When you sweat, these substances will spread to your face and aggravate your acne.
4. Avoid Picking. Picking stops acne from healing.
5. No changes in diet are necessary. Chocolate and oily foods do not cause acne. This is a myth.

Treatment

ACNE ALWAYS LOOKS WORSE BEFORE IT GETS BETTER. STICK WITH EACH NEW TREATMENT FOR AT LEAST 6 WEEKS BEFORE GIVING UP!

Benzoyl Peroxide – this medicine has two benefits. First, it acts as a white head and black head eliminator, as well as killing the bacteria on your skin. This agent can be very drying so start off slowly and build up gradually. Start with a thin application one time a day every other day.

Tretinoin or Retinoic acid – this medicine is made from vitamin A and also works well for black heads and white heads. Differin is available over the counter. There are also prescription medications available. These can be very drying. To reduce irritation, wash with a mild soap no more than 2 times a day, wait at least 20 minutes for skin to dry completely before applying this medicine at night. Because your skin will burn easier, It is very important to use an oil-free hypoallergenic sunscreen everyday. I recommend Cetaphil Face spf 30.

Topical Antibiotics – this medicine is particularly helpful if your acne has advanced to large pimples with heads to them. These medicines will be prescribed by your provider.

Oral Antibiotics – more effective than topical but have more side effects. Usually we will prescribe Doxycycline to be taken twice daily for a week then once daily. You **MUST** take with a full glass of water and preferably a small snack to avoid stomach upset.

Isotretinoin (Accutane) – this is an oral form of vitamin A that can be extremely effective. This medicine has some significant side effects that can be handled relatively easily. If you are a candidate for this treatment, we will refer you to a dermatologist.