

Acne 101

Acne (zits) is common in teenagers due to changing hormones. Most people grow out of having acne, but in the meantime, there are things you can do to help get it under control!

Remember: Never pick at your acne or pop zits, it can cause scarring and infection.

Directions	Morning	Night
Wash face with a gentle non-soap cleanser (e.g. Cetaphil™, Aveeno™, or Basis™). Do not use a washcloth or scrub, just use your hands.	<input type="checkbox"/>	<input type="checkbox"/>
<p>Apply medicine only after face is <i>completely dry</i>. For gels and creams, spread a “mini chocolate chip” sized amount into a thin layer all over the areas of your face that you get acne. Using too much may irritate your skin.</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>1 <input type="checkbox"/></p> <p>2 <input type="checkbox"/></p> <p>3 <input type="checkbox"/></p>	<p>1 <input type="checkbox"/></p> <p>2 <input type="checkbox"/></p> <p>3 <input type="checkbox"/></p>
Apply moisturizer all over your face and upper chest. Use a mild, oil-free, noncomedogenic moisturizer with Broad Spectrum / SPF30 in it (e.g. Cetaphil™ or Oil of Olay™).	<input type="checkbox"/>	<input type="checkbox"/>
In the shower, use benzoyl peroxide bar soap (e.g. Panoxy!™) with body exfoliation towel (e.g. Bass™ or Salux Cloth™) to wash all over the areas on your body where you get acne (chest, back, etc.) Be sure to rinse completely to avoid bleaching towels.	<input type="checkbox"/>	<input type="checkbox"/>
<p>Take your oral prescription medicine as directed by your doctor</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>1 <input type="checkbox"/></p> <p>2 <input type="checkbox"/></p> <p>3 <input type="checkbox"/></p>	<p>1 <input type="checkbox"/></p> <p>2 <input type="checkbox"/></p> <p>3 <input type="checkbox"/></p>

Helpful Tips

- ✓ **It can take up to 8 weeks** before your acne will improve with medicine. Acne can sometimes get worse before it gets better as the medicine helps “clean out” your pores.
- ✓ **Acne creams can make your skin red, dry, irritated, and even peel.** These side effects usually go away as your skin gets used to the medicine. In the meantime, use your medicine every other day or every third day and then more frequently as your sensitivity improves. Call your doctor if the sensitivity is severe or doesn’t get better.
- ✓ **Discuss with your doctor before using any other over the counter acne scrubs, astringents, etc.** These medicines can interfere with the ones prescribed by your doctor, or can make acne worse.
- ✓ Be sure to apply extra **sunscreen** (SPF > 15) if you are going to be in the sun. Some medicines can make you vulnerable to a severe sunburn, even if you don’t normally burn.
- ✓ **Call your doctor with any new or concerning side effects**, such as lightheadedness, dizziness, severe diarrhea, or rash.