Acne

Acne is caused by overactive oil glands that get blocked.

CAUSES

Hormonal changes cause the problem. Poor skin care, being emotionally upset and changes in the weather can all make acne worse. When blackheads and whiteheads get inflamed, they become red pustules.

HOME CARE INSTRUCTIONS

Good skin care is the most important part of treatment. Wash your face at least twice daily. Shampoo your hair once every day using a mild soap or shampoo. Do not scrub the skin roughly. This can make the acne worse. Avoid using face creams or make-up which may contain oil, wax, or grease. Mild sun tanning is helpful, but sunburn or oily suntan preparations do more harm than good.

Do not pick or squeeze pimples. This can cause more soreness and redness (*inflammation*). This could cause scarring. The tops of whiteheads may be lanced with a sterile needle to allow pus drainage. Do this only if approved by your caregiver. There are many good treatments for acne. Some are over-the-counter and some prescribed. Prescription medicines are available through your caregiver. **Use only as prescribed and under medical supervision.** Stop using it if your skin becomes painful, swollen, red, or irritated.

It may take up to 4-6 weeks of treatment before you will notice improvement. The peak age for acne is 17. Most teenagers with acne will be free of symptoms by their early 20s. Call your caregiver as recommended to arrange for further treatment. It is unlikely that scars will form unless acne is very severe.

Document Released: 01/25/2006 Document Re-Released: 03/14/2011
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