

## Adolescent-Young Adult Medicine

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### **BASIC INSTRUCTIONS FOR THE CARE OF ACNE**

**ACNE** is a skin disorder that usually begins in adolescence and may continue into early adulthood. Acne is NOT a disease or rash that goes away after a brief period of treatment. Rather it is a skin condition resulting from a combination of factors that can be controlled by you with **PERSISTENT care**. Blackheads, white pimples, and red papules result from an oily substance (sebum) that blocks pores in the skin that become inflamed. Bacteria residing on the skin surface contribute to the inflammation. The treatment of acne aims at opening the pores, decreasing skin bacteria, looking better TODAY and avoiding scars in the FUTURE.

#### **MORNING SKIN CARE:**

- Wash your face (chest, back) with a gentle soap: PURPOSE, NEUTROGENA, DOVE or CETAPHIL. Pat gently with a towel and wait at least 15 minutes.
- Apply topical medication (as described below): \_\_\_\_\_
- Take oral antibiotic: \_\_\_\_\_  
(at least one hour before meals or two hours after meals, with water)

#### **EVENING SKIN CARE:**

- Wash your face (chest, back) with a gentle soap. Pat gently with a towel and wait at least 15 minutes.
- Apply topical medication: \_\_\_\_\_  
(Use approximately a "pea size" amount, and spread a thin layer over the entire region, NOT on individual pimples. Avoid contact near eyes or corners of mouth.)
- Take oral antibiotic: \_\_\_\_\_  
(at least one hour before bedtime)

**OTHER SKIN PRODUCTS:** Moisturizer? Use those recommended for acne  
(oil-free, non-comedonal)

Sunscreen? Yes, yes yes!!!!

**WHAT TO EXPECT:** It usually takes 4-6 weeks to see marked improvement.

**AVOID TEMPTATION:** Picking and squeezing pimples makes your skin look worse.