

ACNE TREATMENT PLAN

Acne is a normal part of being a teenager. It is mainly the result of hormones that cause pores to become blocked and infected with certain types of bacteria. It can be made worse by things that block your pores, such as greasy hair products or make-up. Acne is *not* caused by eating certain foods, so you do not have to change your diet to treat acne.

While there is no 100% cure for acne, most cases can be made a lot better with basic skin care and certain topical medications. In more severe cases, oral medications and/or care by a dermatologist may be recommended.

GENERAL TIPS:

- Try not to squeeze or pop acne pimples—this may lead to infection and scars.
- A pea-sized amount of an acne cream or gel should be enough to cover your entire face.
- Topical acne medications take 4-8 weeks to work, so you must be patient to see the effect; some medications may make your acne seem a little worse for the first 1-2 weeks, but this is normal.
- All acne medications will cause some drying and irritation of the skin; if, when you start your acne medications, your skin gets very dry or irritated, use the medications every other day for 1-2 weeks then increase to every day.

YOUR ACNE PLAN

Morning:

1. Clean your face gently (no harsh scrubbing!) with a non-comedogenic cleanser (examples: Cetaphil, Dove Sensitive Skin Bar, Neutrogena).
2. If you were prescribed a morning medication, apply a small amount to the areas on your skin with acne.
Your morning medication is:

3. If your skin is dry or irritated, apply a non-comedogenic moisturizer (examples: Cetaphil, Neutrogena).

Bedtime:

1. Clean your face gently (no harsh scrubbing!) with a non-comedogenic cleanser (examples: Cetaphil, Dove Sensitive Skin Bar, Neutrogena).
2. If you were prescribed a bedtime medication, apply a small amount to the areas on your skin with acne.
Your bedtime medication is:

3. If your skin is dry or irritated, apply a non-comedogenic moisturizer (examples: Cetaphil, Neutrogena).

Oral Medication (if recommended):

Name: _____

Directions: _____