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# Acne Treatment

**Problem:** If you have acne, it can be embarrassing and lead to low self-esteem.

**Solution:** Today, we have many treatment plans.

What is acne?

Acne describes a skin condition that includes blackheads and whiteheads caused by plugged skin pores, pimples, and deeper cysts that can occur on your face, neck, scalp, chest, back, shoulders, upper arms, and legs. If you are a teen with acne, you are not alone and treatment is available.

Who gets acne?

Acne cases usually begin when you are between the ages of 10 and 13 and last from 5 to 10 years. Most teenagers experience an occasional outbreak; the skin condition is most prevalent in teens aged 16 to 18 years. As we reach our early 20's, most of our acne problems are resolved, however, 15% of women and 5% of men have adult acne. Some people have acne problems well into their thirties or get acne for the first time as an adult.

What causes acne?

Teenagers are in the process of maturing from children to adolescents. The hormones that stimulate maturation (puberty) also cause the sebaceous glands that produce oil to the skin to become more active.

- Oil glands cause excess oil to build up, clogging your pores.
- Pores clogged with oil and dead skin result in whiteheads or blackheads.
- Clogged pores with dead skin increases production of natural bacteria called P.acnes. Acne was named for these bacteria that can give you inflamed red pimples that are called lesions.
- Cysts are large deep blemishes that you can have with severe acne.

Are there other factors that contribute to Acne?

If you have an especially severe case of acne you may wonder "why me?" There are factors that may cause your acne to be more serious than others.

Your risk increases with:

- Family history: If your family members have had bad acne.
- Hormones: you have higher levels of androgens.
- Environment: If you live where humidity or skin perspires.
- Cosmetics: Certain moisturizers and cosmetic can block pores increasing your chance of developing blackheads and white heads.
- Medications: Some products may impact your acne.
- Stress: Severe or prolonged emotional tension may aggravate acne.

How can my acne be treated?

We can help treat your acne but you need to have patience. Treatments that work for one patient may not be best for you. We will work with you to find the appropriate treatment, however, acne will not go away overnight. Usually, after we find what works for your treatment plan, you'll see results within 6 to 8 weeks.

Today's acne treatments work in a variety of ways:

- Decrease excess oil
- Unclog pores
- Fight bacteria

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- Alter hormone production

Your medications may be a combination of oral (taken by mouth) and topical (applied to your skin). We will explain all the details to you. Most importantly, you must make a commitment to follow our treatment recommendations.

Will I have acne scars?

It's hard to know who will have acne scars. That's why it is important to see us for acne treatment as soon as possible and follow your treatment plan. Acne scars form where your skin has been injured.

In general there are two types of acne scars:

- "Ice-pick" scars where skin is depressed
- Raised thicker scar tissue

If you squeeze pimples to "pop" them, you may cause permanent scarring and a variety of infections. Because whiteheads are bacterial infections and blackheads are a buildup of oil and dead skin, avoid picking these as you may also scar as well as spread bacteria that contributes to further acne growth.

Can acne scars be treated?

Fortunately, we offer a number of treatments to remove acne scars.

Depending upon the severity and type of scars you have, you may need:

- Soft tissue fillers can be used to smooth your complexion.
- Dermabrasion and microdermabrasion brush away surface skin to reveal fresh, new skin.
- Laser resurfacing uses precise wavelengths and intensities to resculpt your facial contours.
- Photorejuvenation using Intense Pulsed Light® (IPL) for facial rejuvenation and scar correction.

How can I take care of my skin during acne treatment?

- Wash our skin carefully with warm water and a mild soap.
- Do not scrub your skin as it can cause problems
- Never pop or pinch blackheads, whiteheads, or pimples
- Keep hair away from your acne Affected skin
- Avoid oily skin care products and cosmetics
- Look for products that are noncomedogenic (do not block pores)
- Avoid oily hair products and sunscreens that can worsen acne
- Eat a balanced diet
- Drink lots of water
- Exercise regularly
- Avoid sun exposure
- Take all prescribed medications
- Follow all instructions
- Have us monitor your progress

For optimal skin health, we advise you to note any changes in skin as your acne treatment progresses, and visit our office as directed. Early diagnosis is important in treating acne and preventing acne scars.