



PEDIATRIC OFFICES OF: SAVEL, KELLY, BOREMAN & ODOM, M.D.'S

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ACNE

Information:

- Almost everyone will develop acne to some degree, some people more than others.
- Acne is a skin condition that is best treated with persistence and understanding in order to have good results.
- Acne is not due to one problem but results in a combination of factors and usually starts with puberty where your body producing hormones that tell your skin glands to make more oil and shed cells.
- These cells and oils plug the pore openings in your skin. Skin bacteria invade the plug and cause it to rupture. Oils go under the skin outside of the pore and lead to irritation and redness causing a pimple.
- A blackhead is when the pore opening at the skin surface is open. This usually does not lead to red, irritating pimples but is unsightly.
- A whitehead is when the pore opening is closed. This condition is what leads to red, inflamed pimples.

Treatment

Acne does not go away overnight, so be patient and don't give up too soon.

- The medicines work by breaking up the plugs in your skin pores and killing the bacteria that infects them. It often takes 4-6 weeks of using the medication to see results.
- There are a number of medicines to treat acne. Some work better for some people than others. We need your help to tell us which one works best for you. Sometimes we have to use combinations of medicines.
- Benzoyl peroxide, retinoic acid and antibiotics are common medicines used.
- Start with an acne wash twice a day. These can be bought at the store or by prescription and are important to cleanse the outer layer of oils and bacteria
- Next is to apply the medicine prescribed. Do not just dab on the pimples, they must be applied in small dime-sized spots and rubbed in all over the affected skin areas (face, chest or back). Start out using it once a day and later twice a day. If your skin is getting red or dry, you may be using too much. Use a smaller amount per application. Keep the medication away from your eyes and corner of your mouth.
- Avoid excessive sun exposure. Use a hypoallergenic sun block with a sun protection factor (SPF) of 15 or more.
- It may take four weeks until your skin becomes adjusted to the medicines. You may also notice an increase in whiteheads. This is a good sign that the plugs in the pores are loosening up.
- Topical medicines like antibiotics are preferred over oral antibiotics due to the emergence of resistant bacteria. So if you are given oral antibiotics to take this should be discontinued after a few weeks. Topical medicines can be used for years.
- The length of time for acne depends on your skin. Remember the key to treatment is preventing the pores from getting plugged. We will need your help to decide which medicines need to be used. After the acne is under control, you can reduce the number of times you use the medicines.