



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University

Acne Management



What are the available acne treatment methods depending on the type and severity of acne?

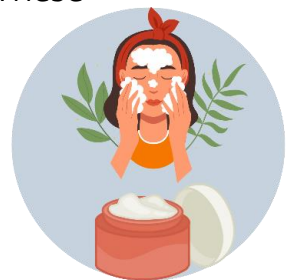
1. Supportive care:

- Maintain a clean skin

Wash your face gently after sweating and up to twice a day. Pick a cleanser that is gentle. Use your fingertips to apply it; using washcloths, sponges, or other instruments to scrub could irritate your skin.

- Choose suitable skin care

Use products that are gentle and labeled as “alcohol-free”. Avoid products with ingredients that might irritate skin, such as **exfoliants** and toners. These products can cause acne to appear worse.



What are the available acne treatment methods depending on the type and severity of acne?

- Shampoo regularly

Oil produced from hair can cause acne to appear on forehead. Oily hair individuals, must wash their hair more often and keep hair up away from the face.

- Adhere to your prescribed course of action

Excessive usage of new acne remedies can aggravate your skin and lead to breakouts. Allow your treatment to take effect. Several weeks or even months may pass before you notice a difference.



What are the available acne treatment methods depending on the type and severity of acne?

- Refrain from touching

Touching your face may exacerbate acne. Although it may be tempting to pop or squeeze acne, this will prolong the time it takes to go away and raise your chance of developing dark areas known as post-inflammatory hyperpigmentation and scarring.

- Sunscreen

Sun exposure can be a cause to aggravate acne.



What are the available acne treatment methods depending on the type and severity of acne?

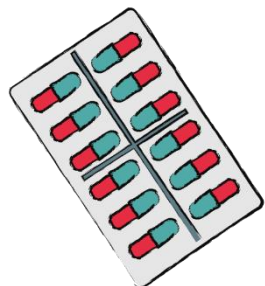
2. Pharmacological therapy:

- Mild acne

Topical treatment with [benzoyl peroxide or retinoid] or [combination topical therapy which are benzoyl peroxide plus topical antibiotic or benzoyl peroxide plus topical retinoid].

- Moderate acne

combination topical therapy which are benzoyl peroxide plus topical antibiotic or benzoyl peroxide plus topical retinoid or combination of oral antibiotic and topical retinoid or benzoyl peroxide.



What are the available acne treatment methods depending on the type and severity of acne?

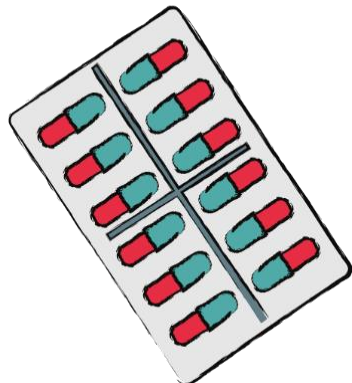
- Severe acne

Oral antibiotic plus combination topical therapy which are [benzoyl peroxide plus topical antibiotic or benzoyl peroxide plus topical retinoid] Or Oral isotretinoin.

- The preferred agent for topical antibiotics is

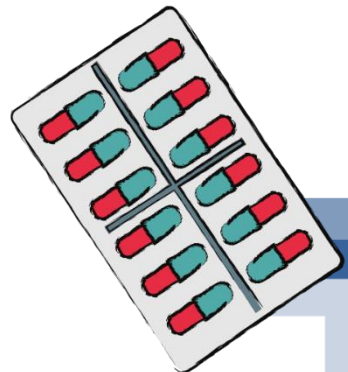
Clindamycin.

- The recommended oral antibiotic is Tetracycline.



What are the available acne treatment methods depending on the type and severity of acne?

- The combined oral contraceptive can be used for patients seeking contraception, patients with symptoms of hyperandrogenism, and patients with symptoms that worsen during menstruation.
- Topical acne therapy should be used on the entire acne prone region rather than a spot treatment of individual lesions. Instructions on the proper use of these medications should be followed.



Comments:







Comments:



Comments:





Sources and references:

All images used from [canva.com](https://www.canva.com)

Review and audit:

The content of this booklet has been reviewed by
Dermatology Department consultants at King Fahad
University Hospital.

Department of Dermatology
Health Awareness Unit
IAU-24-558



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University