

# Acne

Acne, commonly referred to as pimples, is one of the most common skin conditions found in children. Almost 85% of all teens will have acne at some point. Pimples can be whiteheads or blackheads, papules or pustules.

**What causes acne?** We think that changes in hormone levels in teens lead to acne. Pimples are a result of a blockage of pores in the face, chest or back. Pimples are made worse by picking, popping or scrubbing them. Some girls may notice more acne with their period.

**How is it treated?** If your acne is mild, using a regimen of cleansing and medicine that you apply to your face once or twice a day is the treatment. For more severe acne, you may also need to take medicine, like an antibiotic, every day. Sometimes the acne can be severe enough that a skin specialist (dermatologist) will need to treat you.

Follow these simple steps as instructed:

- **Wash your face twice a day.**
  - Wash in the morning and at night before you go to bed
  - Use warm water (not hot)
  - If your face is oily, use a MILD facial cleanser like Dove® soap, Cetaphil®, Neutrogena®, or Purpose®.
- **Pat dry — Don't rub! Then air dry.**
  - Pat your skin dry
  - Do not wipe because this can make the pimples worse
  - Allow your skin to air dry before applying any medicine
- **Use the medicines prescribed below as directed.**
  - In the morning:  

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- Before bed:  

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## Remember:

- **Your skin may get worse before it gets better.**
  - The medicines may cause some irritation, redness, or dryness, until your skin adjusts.
  - You may need to use the medicine less often or use a non-comedogenic moisturizer, such as Cetaphil®, or Moisturel®.
  - Talk with your doctor.
- **Acne treatment takes a long time to work.**
  - You will not see improvement in your skin for at least 2 to 4 weeks after you start the medicine, and maybe as long as 6 to 8 weeks.
  - Be patient and keep using the medicine every day. The goal is to stop new pimples from starting, but it will take time to get rid of the ones that are already there.
  - Your doctor may want to see you back frequently, in the beginning to get you on the right treatment as quickly as possible.

**Remember:** Try not to pop or pick at pimples — it will only make your acne worse.

As always, please contact me if you have any questions or concerns.

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