



Information for You from Your Health Care Team

ACNE

Acne is the most common skin problem found in kids. Most people call acne pimples. The pimples are sometimes called whiteheads or blackheads. It affects up to 85% of all teens. Adolescent boys are affected almost 100% of the time.

What causes acne? We think that an increased hormone level in teens causes pimples. The pimples are a result of a blockage of pores in the face, but may also occur on the 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 medicine that you apply to your face once or twice a day is the treatment. For more severe acne, you will 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.

Here are some simple steps to follow:

1. Wash your face with warm water (not hot) in the morning and at night before you go to bed. If your face is oily, use a MILD cleanser like Dove® soap, Cetaphil®, Neutrogena®, or Purpose®.
2. Pat your skin dry, do not wipe because this can make the pimples worse.
3. Apply the medicine that your doctor prescribed. If the medicine makes your skin red or very dry, talk with your doctor. You may need to use the medicine less often or use a moisturizer.

Remember: 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. So 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. Once you have started treatment, your doctor will see you back every few months to check you. The good news is that acne gets better as you get older.

Today your doctor has prescribed: _____
