

# Acne

## What is it?

Acne is a very common skin condition that affects nearly all teenagers at some point. It usually starts at puberty when the oil glands in the skin get bigger and start making more oil. This oil blocks the opening of the glands (pores) and leads to early acne lesions: blackheads and whiteheads. The oil build-up causes inflammation and leads to later acne lesions: pimples, pustules and cysts. While acne will often clear up by itself, it can continue into adulthood. An important part of treatment is to prevent scarring.



## What to avoid

- ✗ Too much washing and scrubbing of the skin – this can cause irritation.
- ✗ Picking, squeezing or popping pimples – this can cause scarring.
- ✗ Too much sunlight – this can worsen acne scarring and dark marks.
- ✗ High glycaemic index foods (e.g. sugar, white bread and white rice) – these can worsen acne.
- ✗ Protein shakes, gym supplements and creatine powders – these can worsen acne.



## How to look after your skin

Follow a “cleanse, treat, protect” routine every morning and night.

- ✓ **Cleanse** with a gentle cleanser. If you’re wearing make-up, cleanse twice.
- ✓ **Treat** with the medicated gels/creams prescribed by your doctor.
- ✓ **Protect** with sunscreen during the day and a light moisturiser at night.

Make sure all your skincare products are labelled “oil-free” or “non-comedogenic”.



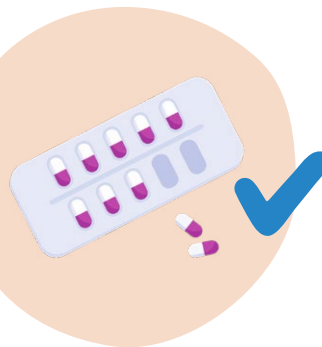
## Treatment from your doctor

There are many treatments for acne, starting with medicated gels/creams, oral antibiotics and hormonal treatment for women. For very severe acne, a tablet medication called Isotretinoin can be started. **You have been prescribed:**

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## Your skin care plan:

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## Want more information?

[dermnetnz.org](http://dermnetnz.org)  
[dermcoll.edu.au/a-to-z-of-skin](http://dermcoll.edu.au/a-to-z-of-skin)

This factsheet was developed as part of the Koolungar Moorditj Healthy Skin Project.