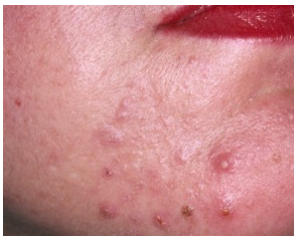
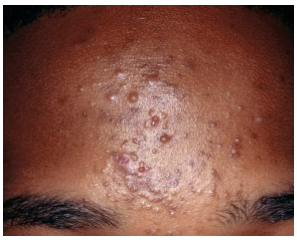
DOCTOR EDGES™

HAIR RESTORATION | DERMATOLOGY | AESTHETICS | WELLNESS

Acne Vulgaris





Acne, also known as acne vulgaris, is a common skin condition that affects people of all ages, but it is especially common in teens and young adults. Acne is often hereditary, meaning it runs in families. While there is no cure for acne, almost all acne can be improved by simple measures and treatments your doctor can recommend. Many people are bothered by their acne and are embarrassed to talk about it, but it is very important to discuss it with your doctor because they will be able to give you tips and prescribe products that can make a big difference. Acne can result in scarring, so minimizing breakouts and avoiding picking at the skin is important.

Who's At Risk

Acne affects 85%-100% of people at some point in their lives, and it usually begins at puberty. Most people have acne in their teen years that goes away by adulthood. However, acne can persist into the 30s and beyond, and some adults who never had acne as a teen can develop acne for the first time. It is estimated that 5% of people older than 45 have acne.

Signs & Symptoms

Acne appears as various lesions on face, neck, chest, and back where sebaceous glands are abundant. Adults often get it along the jawline. Lesions include blackheads, whiteheads, papules, pustules, and nodules/cysts. Papules are small, solid bumps, pink or red in lighter skin, darker in darker skin. Pustules are pus-filled, nodules/cysts are larger and deeper. Mild acne: few papules/pustules, sometimes comedones. Moderate acne: more lesions. Severe acne: numerous comedones, papules, pustules, painful nodules/cysts. Acne can cause permanent scars or hyperpigmentation, more noticeable or lasting longer in darker skin.

Self-Care Guidelines

Gently cleanse acne-prone skin with mild cleansers. Avoid irritants like rubbing alcohol, abrasive scrubs, and greasy products. Use water-based or noncomedogenic products to prevent clogged pores. Avoid picking at lesions to prevent scarring. Use sunscreen to reduce hyperpigmentation, preferably noncomedogenic and tinted. Keep hair, hands, and devices away from your face.

Over-the-counter medications:

Over-the-counter meds, like benzoyl peroxide, can help prevent and treat acne. Apply thinly, regularly to whole area. May see small improvements fast, full results take months. Benzoyl peroxide comes in various forms and strengths; adjust for skin type. Beware of bleaching effects on clothing. Peeling agents like salicylic acid and sulfur can assist, but may dry skin.

Of note: Acne can have significant psychological effects. Talk to your doctor about any feelings of depression. Changes in diet have no proven effect on acne.

When to Seek Medical Care

If you have moderate or severe acne that has not improved enough with self-care, seek to speak with our Doctor Edges board-certified physicians for medical help.