

Description of Acne :

Acne occurs when skin pores get clogged by excess oil and dead skin cells. This can happen due to hormonal changes, stress, diet, or genetics, causing redness, swelling, and sometimes pain.

Acne Types:

Mild Acne

People with mild acne usually have mostly blackheads and whiteheads (open and closed comedones), with a small number of active pimples, usually only on the face. Mild acne does not cause permanent scars. It can include any or all of the following:

Small, tender red bumps (papules)

Pimples with pus (pustules)

Blackheads and/or whiteheads

Moderate Acne :

Moderate acne is like mild acne but with more red bumps and pus-filled pimples. It usually includes:

A few to several larger, deeper bumps under the skin (called nodules)

Bumps that are often painful

A real chance of scars forming

Severe Acne:

Severe acne is like moderate acne but more serious. It often includes:

Large, painful lumps filled with pus (called nodular abscesses)

A high chance of deep scars

Many or widespread pimples and bumps all over the skin

Ingredients to Use:

For Mild Acne:

Retinoid (may cause dryness, redness, irritation)

Benzoyl peroxide (may cause dryness, irritation, can bleach clothes and hair)

Azelaic acid (may cause skin lightening)

For Moderate Acne:

Tetracycline (for age 12+; may cause sun sensitivity)

Erythromycin (for younger patients; may cause stomach issues)

For Severe Acne:

Dianette (may increase risk of blood clots)

Isotretinoin (commonly causes dry skin and lips)

Surgery (in extreme cases)

Products to Use:

For Mild Acne:

Neutrogena Oil-Free Acne Wash

The Ordinary Azelaic Acid Suspension 10%

Plum Green Tea Night Gel

Minimalist 2% Salicylic Acid Serum

For Moderate Acne:

The Derma Co 1% Clindamycin + 2.5% Benzoyl Peroxide Gel

La Roche-Posay Effaclar Duo (+)

Saslic DS Face Wash (2% Salicylic Acid)

The Ordinary Niacinamide 10% + Zinc 1%

For Severe Acne:

Isotroin (Isotretinoin)

Dianette (Cyproterone + Ethinylestradiol)

Cetaphil Gentle Skin Cleanser

Aquaphor Healing Ointment / Vaseline

Avene Cicalfate+ Restorative Cream

Self-Care Tips for Acne:

Use gentle, non-comedogenic cleansers

Keep skin hydrated with oil-free moisturizers

Avoid touching your face

Use sunscreen (oil-free, non-comedogenic)

Don't pick or squeeze pimples

Follow a consistent skincare routine