

1. Acne Scars

- **Identify:**

- **Atrophic scars:** These include icepick scars (small, deep holes), boxcar scars (wide, shallow or deep depressions), and rolling scars (rippled skin surface).

- **Hypertrophic scars:** Scars that rise above the skin surface, often occurring on the chest and back.

- **Post-inflammatory hyperpigmentation (PIH):** Darkened areas of skin where acne has healed, common in people with darker skin tones.

- **Treatment:**

- **Fractional laser:** Helps resurface the skin, reducing the appearance of indented scars.

- **Microneedling:** Stimulates collagen production, improves skin texture.

- **Chemical peels:** Use glycolic acid, TCA to exfoliate and regenerate the skin.

- **Fillers:** Injected fillers to lift the skin surface in areas of indented scars.

- **Retinoids:** Promote cell regeneration, reduce scarring and hyperpigmentation.

- **Suggested products:** Vitamin C serum, retinol cream, chemical exfoliant.

2. Comedones (Blackheads and Whiteheads)

- **Identify:**

- **Blackheads:** Pores clogged with sebum and dead skin cells, black head due to exposure to air.

- **Whiteheads:** Pores clogged but not exposed to air, forming white bumps.

- **Treatment:**

- **Salicylic Acid:** Penetrates deep into pores to clean and reduce inflammation.

- **Benzoyl Peroxide:** Kills acne-causing bacteria.

- **Retinoids:** Helps prevent clogged pores and promotes skin cell turnover.

- **Physical exfoliants:** Helps remove dead skin cells on the surface.

- **Suggested products:** Salicylic Acid Cleanser, Clay Mask.

3. Conglobata (Acne Conglobata)

- **Recognition:**
- **Severe acne with large, deep nodules, often painful and can leave severe scarring.**
- **Usually appears on the face, chest, back and buttocks.**
- **Treatment:**
- **Isotretinoin: Powerful, highly effective oral medication, requires careful monitoring by a doctor.**
- **Oral antibiotics: Reduce inflammation and kill bacteria.**
- **Hormone therapy: Sometimes used in women to regulate hormones.**
- **Corticosteroids: Injected directly into the pimple to reduce inflammation.**
- **Recommended products: Gentle, non-irritating products, avoid oil-based products.**

4. Crystalline (Possible misspelling, possibly 'crystalline acne' - not common)

- **Recognition and treatment: This condition is uncommon and there is no widely available specific information. Consult a dermatologist for proper diagnosis and treatment.**

5. Cystic Acne

- **Identify:**
- **Large, deep, painful, inflamed bumps that often leave scars if not treated properly.**
- **Usually appear on the face, back, chest, and shoulders.**
- **Treatment:**
- **Isotretinoin: Effective for severe cases, but requires close medical monitoring.**
- **Antibiotics and anti-inflammatory drugs: Reduce inflammation and kill bacteria.**
- **Corticosteroids: Injections to quickly reduce inflammation.**
- **Hormone therapy: Can help regulate hormones.**
- **Recommended products: Non-irritating, gentle, and oil-free.**

6. Flat Wart

- **Identify:**

- **Small, flat bumps that often appear in clusters and are flesh-colored or light brown.**
- **Usually found on the face, neck, hands, and feet.**
- **Treatment:**
- **Salicylic acid: Applied topically to soften and remove warts.**
- **Cryotherapy: Freezing warts with liquid nitrogen.**
- **Laser: Burning off warts with a laser.**
- **Cantharidin: A chemical that causes blistering to remove warts.**
- **Suggested products: Products containing salicylic acid or retinoids.**

7. Folliculitis

- **Recognize:**
- **Red, pus-filled bumps or small bumps around hair follicles, often itchy or painful.**
- **Can occur anywhere on the body where hair is present.**
- **Treatment:**
- **Topical or oral antibiotics: Depending on severity.**
- **Antibacterial cleanser: Helps clear skin and prevent infection.**
- **Warm compresses: Helps reduce pain and inflammation.**
- **Avoid shaving: If possible, to avoid further irritation.**

- **Suggested products: Antibacterial cleanser, non-irritating moisturizer.**

8. Keloid

- **Recognize:**
- **Thick, raised scars that rise above the skin's surface, may be itchy or painful.**
- **Often develop after a skin injury, such as a cut, burn, or acne.**

Treatment:

- **Corticosteroid injections: Reduce the size and itching of scars.**
- **Laser: Helps flatten and reduce redness of scars.**
- **Surgery: May be necessary if scars are large, but are at risk of recurrence.**
- **Silicone gel: Apply to soften scars and reduce itching.**
- **Recommended product: Silicone gel to apply to scars.**

9. Miliium (Miliium)

- **Identify:**
- **Small, white or yellow bumps, usually around the eyes and cheeks.**
- **Not painful or itchy.**

Treatment:

- **Extraction: With a specialized needle by a dermatologist.**

- **Chemical exfoliation:** Uses glycolic or lactic acid to thin the top layer of skin.
- **Retinoids:** Helps regenerate skin cells and prevent new acne from forming.
- **Recommended product:** Chemical exfoliants containing glycolic or lactic acid.

10. Papule

- **Identify:**
- **Small, red, pus-free pimples that often cause mild swelling and pain.**
- **Usually the first stage of acne.**
- **Treatment:**
- **Benzoyl Peroxide:** Helps kill bacteria and reduce inflammation.
- **Salicylic Acid:** Reduces inflammation and clears pores.
- **Retinoids:** Promote skin cell turnover and prevent clogged pores.
- **Cold compresses:** Help reduce swelling and pain.
- **Recommended products:** Creams or gels containing benzoyl peroxide or salicylic acid