**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. Milium (Milium)**

**• 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**