

Acne/Pimples

1. What are acne/ Pimples?

It is a very commonly seen condition among adolescents. It presents with red or skin coloured bumps over the face, neck, chest and back of the trunk.

2. Why is it important to seek treatment for acne?

Proper treatment can reduce formation of scars and associated psychological stress.

3. What is the cause for the acne?

- Excessive activity of sebaceous glands during puberty
 - Hormonal changes
 - Bacterial growth over the skin
- All these factors contribute to acne/pimples.

4. What are the symptoms?

- Oily skin
- White and black heads
- Papules.
- Pustules
- Nodules, cysts
- Scars and hyperpigmentation.

Apart from above, some may feel pain, redness, warmth. The type of the acne can be correctly identified by your Dermatologist.

5. Can acne be curable?

This can be successfully controlled, even though there are no treatments to permanently cure acne.

6. What are the treatment options for acne?

Timely treatment can reduce formation of acne scars and hyperpigmentation.

Treatment options are:

- Topical applications (creams)
- Medications (antibiotics, oral contraceptive pills, retinoid, anti-androgens)
- Sometimes special treatments like chemical peelings also can be used.

The most appropriate treatment will be decided by your Dermatologists.



7. What is the treatment duration for acne?

Results of the treatment will take at least 4-6 weeks. Complete control of the disease will take at least few months of treatment.

8. What should you know if you have an acne prone skin?

- Avoid touching, manipulating pimples as it might lead to permanent scarring.
- It is important to seek medical attention as the treatment differs from person to person.
- It is important to have a proper understanding about the proper usage of treatments prescribed, to minimize the possible side effects.
- Avoid using cosmetics unless it is really necessary. If so be mindful to choose non comedogenic products.
- Acne is not caused by poor hygiene. Use a gentle cleanser or a face wash prescribed for you by your doctor.

