

Acne is a common skin condition that affects most people at some point. It causes spots, oily skin and sometimes skin that's hot or painful to touch. Acne is very common in teenagers and younger adults, with comedones (blackheads and whiteheads) and pus-filled spots (pustules) affecting the face, shoulders, back and chest.

Mild to moderate acne, comedones and inflamed lesions respond well to benzoyl peroxide.

Treatments are effective but take time to work (typically up to 8 weeks) and may irritate the skin, especially at the start of treatment

See page 2 for advice on self-care



