

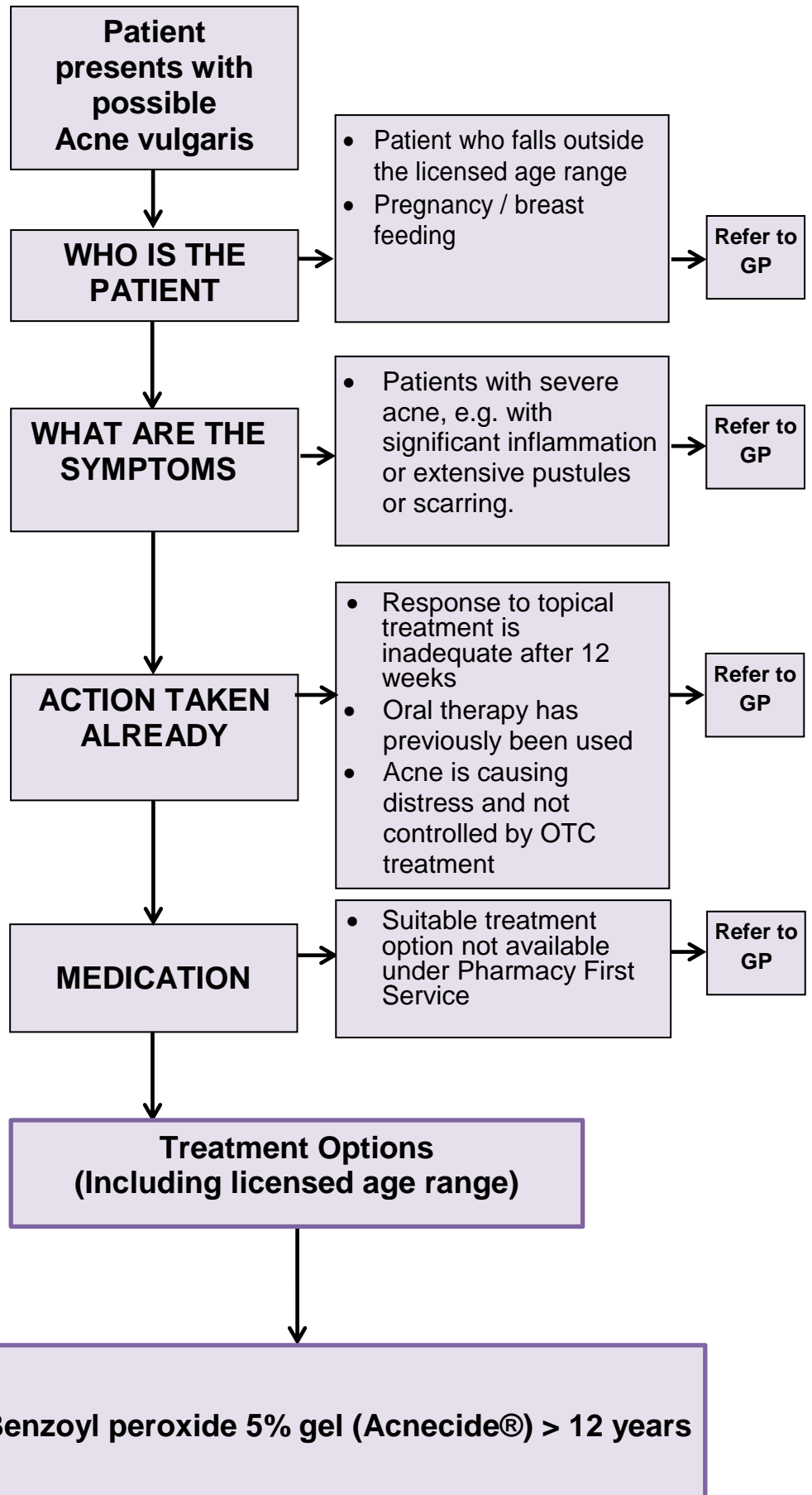
General Information

Diagnostic features:

Acne is skin condition that commonly affects adolescents and young adults. Comedones (blackheads and whiteheads) and/or inflammatory lesions (papules) and pus-filled spots (pustules) can develop on the face, shoulders, back and chest. The skin and hair may appear oily.

In mild to moderate acne, comedones and inflammatory lesions respond well to benzoyl peroxide.

Treatments are effective but take time to work (typically 6-12 weeks) and may irritate sensitive skin, especially at the start of treatment.



Advice for Self-Care / Non-Pharmaceutical Treatment	Treatment Options Formulary Items		
	Drug	Dose and Duration	Advice
<p>Treatments are effective but take time to work (typically up to 8 weeks)</p> <ul style="list-style-type: none"> • Try not to pick or squeeze your spots as this usually aggravates them and may cause scarring • Wash the affected area twice a day with a mild soap or cleanser, but do not scrub the skin too hard as this could irritate it • Avoid using too much make-up and cosmetics, use non-comedogenic make-up and remove before going to bed. • Apply treatment sparingly after washing and drying affected area of the skin. • Benzoyl peroxide can have a bleaching effect, so avoid getting it on your hair or clothes. • Benzoyl peroxide may cause increased sensitivity to sunlight, avoid exposure and advise patient to wear sunscreen. • Benzoyl peroxide can cause redness and peeling of the skin with a burning, itching sensation especially at the start of treatment. If skin irritation occurs, reduction in the frequency of application may be required, at least temporarily, to help overcome this problem. • Maintain a healthy diet • Regular exercise doesn't improve acne, but it can boost your mood and improve your self-esteem. Shower as soon as possible once you finish exercising, as sweat can irritate your acne. <p>Treatments should be applied to the entire affected area of the skin (e.g. all of the face) and not just to individual spots.</p> <p>Useful links for patients: NHS Choices http://www.nhs.uk/conditions/Acne/Pages/Introduction.asp NHS Direct https://www.nidirect.gov.uk/articles/acne</p>	Benzoyl peroxide 5% gel (Acnecide®)	Apply once or twice daily to the entire affected area of skin (eg all of the face) and not just to individual spots.	Before each application, the skin should be cleaned and dried. Apply in a thin layer once or twice daily to the affected areas. Persons with sensitive skin should be directed to apply the gel once daily before going to bed. The extent of any drying or peeling may be adjusted by modifying the dosage schedule.

References: Clinical Knowledge Summary: Acne vulgaris <https://cks.nice.org.uk/acne-vulgaris>

See individual SPC for further information/advice