



# It's Acne Awareness Month

Let's address common  
concerns by acne patients.



- It is important to use sunscreen that is non-irritating, broad spectrum and non-occlusive (non-oily).
- Topical treatments should be applied on whole face, avoiding the eye and neck areas
- Do not combine antibiotics and Isotretinoin (Roaccutane, Oratane, Acnetane, Acnetret & Supatane) as this might cause complications.
- Do not use antibiotics (topical or oral) for longer than 3 months for acne.
- Contrary to what most people believe. The recent updated acne guidelines give the assurance that Isotretinoin does not cause the complication of depression and suicide.

- When using oral contraceptives for acne, be patient as it takes more than 3 cycles to improve the acne. Do not give up too quickly.
- The duration of treatment depends on weight and severity. Discuss with your dermatologist about when to stop treatment.
- Isotretinoin (Roaccutane, Oratane, Acnetane, Acnetret, Supatane) should be taken after a fatty meal, otherwise the absorption of the medication is reduced
- Isotretinoin treatment can cause birth defects, even in low dosage during treatment. Only after 4 weeks of stopping treatment will there be no trace of the drug in the system, meaning pregnancy is safe after 4 weeks.

- Acne antibiotics should not be given to children who are under the age of 8, to avoid discoloration of teeth and poor bone growth.
- Most topical and oral acne treatments might cause darkening of the skin.
- Discuss with your Dermatologist about which moisturizers would mitigate the drying effects of acne treatment without blocking pores and aggravating the acne.