



Sound Dermatology

## ACNE

### What Is Acne?

Acne is a very common skin condition that occurs when hair follicles become clogged with oil and dead skin cells. It can appear as blackheads, whiteheads, pimples, or deeper cysts.

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### What Causes Acne?

- Increased oil (sebum) production
  - Clogged pores from dead skin cells
  - Bacteria in the skin (*Cutibacterium acnes*)
  - Hormonal changes (puberty, menstrual cycles, stress)
  - Certain products (oily or pore-clogging skincare/makeup)
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### Common Symptoms

- Blackheads and whiteheads
  - Red or inflamed pimples
  - Tender nodules or cysts (deeper acne)
  - Most commonly affects the face, chest, and back
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### Treatment Options

#### Topical Treatments

- **Retinoids** (e.g., tretinoin, adapalene): unclog pores and prevent new breakouts
- **Benzoyl peroxide**: reduces bacteria and inflammation
- **Topical antibiotics**: decrease bacteria and redness

#### Oral Medications

- **Antibiotics** (e.g., doxycycline, minocycline): for moderate to severe acne
- **Hormonal therapy** (e.g., spironolactone): for hormonally driven acne
- **Isotretinoin**: for severe or resistant acne

#### Procedures

- Chemical peels
  - Acne extractions
  - Light/laser treatments
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### How to Manage at Home

- Wash your face twice daily with a gentle cleanser
  - Avoid picking or popping pimples (can cause scarring)
  - Use non-comedogenic (non-pore-clogging) products
  - Be consistent—most treatments take **8-12 weeks** to show improvement, and acne may appear worse before it gets better
  - Apply medications as directed (**more is not better**)
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### When to Follow Up

- If acne is not improving after 8-12 weeks
- If you develop painful or cystic lesions
- If scarring or dark spots are forming

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