

Acne



Education

INFORMATION FOR PATIENTS AND FAMILIES

What is acne?

Acne is a skin disorder that usually begins in the early teen years. Its cause is not well understood. Acne can be made worse by stress, increased hormone levels and products put on the skin such as:

- Certain cosmetics
- Sunscreen
- Hair spray

When the skin's glands become blocked, this may lead to redness and lesions (pimples) on the face, back and chest.

What are the possible symptoms?

Your child may have one or more of the following symptoms:

- Whiteheads and/or blackheads
- Pimples
- Cysts (painful bumps under the skin)

Why should acne be treated?

- Untreated acne can become infected and cause scarring
- The presence of acne can cause emotional stress

What is the treatment?

Your child's doctor will talk with you about specific care for your child. There are several things that your child can do to treat acne. Some general guidelines to follow include:

- Wash with warm water and mild soap, for example Cetaphil®, no more than twice a day; pat dry lightly.
- Avoid scrubbing the skin harshly with abrasive cloths or pads.
- Shampoo hair at least every other day prior to bedtime to remove any hair styling products.
- Keep hands and hair off face.
- Leave the lesions alone – no picking or popping them.
- Use medicine as ordered by his doctor (this may be skin treatment or an oral antibiotic).
- Follow up with a skin specialist as recommended by his doctor.

continued

In case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away.

This is general information and is not specific medical advice for your child. Always consult your child's doctor or other healthcare provider if you have any questions or concerns about the care or health of your child. A Children's Healthcare of Atlanta pediatric advice nurse is available 24 hours a day at 404.250.kids.

OUTPATIENT | PFEN 001 / 09.05 / ACNE

CHILDREN'S HEALTHCARE OF ATLANTA www.choa.org | 404.250.kids

Acne continued

Do certain foods cause acne?

It has not been proven that foods cause acne, but if you or your child notices that acne becomes worse when eating certain foods, he should avoid them.

Should sunscreen be used?

It is important for people being treated for acne to use a sunscreen. Some acne treatments may increase the risk of getting sunburned. Use a sunscreen that is **oil free** and **PABA free**. Use a sun protection factor (SPF) of at least 15 on the face and other exposed areas.