



Your Treatment Plan

	Morning	After-noon	Bedtime
Cleanser			
Glycolic Acid Cleanser			
Topical Antibiotic			
Tretinoin			
Oral Antibiotic			
Oil Free Moisturizer			

Information about Dr. Alkek and your treatment

Dr. Alkek has been evaluating and treating patients with acne since 1966. As a result of this experience, he has developed treatment programs for all types of acne using the best medications and techniques available. He is very aggressive in his treatment of acne and likes to see improvement as soon as possible.

On your first visit, we review your acne history and examine you. At that time, Dr. Alkek will determine the treatment program that is best for your problem. He will outline this program to you and give detailed written instructions for the P.A. or nurse to follow. The P.A. or nurse, who has been specially trained in acne care, will explain the details of your program. The P.A. or nurse will see you and give you acne treatments at regular intervals. As your acne improves, visits will be scheduled less frequently and eventually only maintenance care may be needed. Your treatment will be adjusted according to your progress. Each case is unique, and each patient responds differently, and each treatment must be custom tailored. Should you have any problems during or between visits, please call the office and speak to your acne specialist. If unsure about anything, do not stop or change any treatment without calling us first. Dr. Alkek will see you if there is any problem with your acne treatment or program.



Information and Treatment

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About Acne

Approximately 75% of the people in their teens have acne to some extent. However, as many as 30% of adult women and 25% of adult men have acne also. The tendency for acne is inherited but there are many factors involved. Creamy cosmetics and skin care products, oral contraceptives, hormones, pregnancy, heat and humidity, and certain drugs such as iodides and bromides can make acne worse. Also certain foods in some people, emotional tension, lack of rest, and improper care of the skin can affect it. In females acne flares before menstrual cycles because of hormonal changes, but acne flares cyclically in everyone.

Because acne is so common and causes no loss from school or work, many tend to consider it a necessary part of growing up. However, acne can be a source of much embarrassment and emotional trauma. While acne usually improves after several years even if untreated, you need not to wait to outgrow it. Untreated acne can leave lifelong scars.

Newer treatments can moderate and even clear acne. The objective of treatment is to keep down the activity and to prevent scarring. Someday your acne will be gone. Scars are permanent. The red or purplish discoloration fades slowly but the pits remain.

What causes it

During adolescence the hormones cause the oil (sebaceous) glands to enlarge and become active. These glands are concentrated on the face, upper back and chest. They are stimulated by hormones that are active in both males and females. The various internal and external factors cause the cells around the oil gland opening to stick together and plug the opening and form whiteheads or blackheads (comedones). Bacteria act on this plugged-up sebum producing irritating substances which cause the pimples, nodules and pustules. Some people make this worse by picking at their acne. This only causes more scarring.

What makes it worse

In addition to the natural hormones and bacteria, there are many other factors that make acne worse. We know that heat and humidity make the oil glands more active, that is why acne is worse in hot, humid climates. So, saunas and steam baths should be avoided. Since stresses such as emotional (exam, divorce) and physical (not enough sleep, injuries) cause the body to release more hormones, these can make acne worse.

Diet

Foods are not a big factor in acne, but some people notice a flare with some foods. These most commonly are chocolate, colas (coke, Pepsi, etc. not Dr. Pepper, 7-Up or non-colas), iodized salt, shellfish and kelp. If these or greasy foods make your acne worse, avoid them.

Sports and Occupations

Sports activities and occupations that cause much sweating can exacerbate acne. The caps, helmets, pads, and other gear also rub and make acne worse on those areas.

Hair

Oily hair or dandruff should be controlled with proper shampooing. Hair that touches the face (like bangs) stimulate the oil glands, so hair and head bands should be kept off of the face. Shield your face when applying gels or hair sprays which can also be a problem.

Shaving

Shaving can actually help acne if done properly because it scrapes off the dead cells and opens the pores. Shaving should be done with a razor and not an electric shaver. First wash the face with your cleanser and hot water. This removes oil and dirt and “sets up” the beard. Then lather and shave, being careful not to shave “against the grain” on the neck if there is a tendency for ingrown hairs. After shaving, wash again with the cleanser to kill any bacteria from cut pimples. Then apply the acne medication. Shaving more frequently toughens the skin so that it is not easily irritated. You will find that the acne will gradually become better in the beard area.

Sun

A little sun can help acne, but a sunburn will make it worse. The heat stimulates the oil glands also worsening acne. Be sure to use a non-comedogenic sunscreen.

Birth control pills and hormones

Acne is extremely sensitive to hormones, including birth control products. Pregnancy may make acne worse or better. The hormonal dermal patch worsens acne as do all oral contraceptives except these:

Brevicon	Estrostep	Ortho-Tri-
Desogen	Modicon	Cyclen
Demulen-35	Ortho-cept	Ovcon-35
Diane-35	Ortho-cyclen	Yasmine

Cosmetics

Because you have a tendency for acne you must **never** use any products on your face that contain comedogenic ingredients. All products have to be labeled. Sometimes the ingredients are listed on the package that it came in or an attached package insert. You must check **everything** you put on your face, including cleansers, moisturizers, makeup base, blush, compact powder, sunscreens, shaving creams, and lotions. Eye makeup and lipstick are not usually a problem. If you are not sure where to find non-comedogenic makeup and moisturizers ask us. We carry products especially designed for problem skin. Our staff will be glad to help with makeup advice. Here is a list of comedogenic ingredients. Always keep it handy whenever you purchase any new product. Also check the ingredient list of your older products as you repurchase them, because the ingredients may change periodically.

Algin	Lanolin alcohol, acetylated
Butyl stearate	Myristyl lactate
Carrageenan	Myristyl myristate
Cetearyl alcohol	Octyl palmitate
Coconut butter	Octyl stearate
Coconut oil or butter	Oleth-3
D&C Red #3,17,21,30,36	Oleyl alcohol
Decyl oleate	PEG 16 lanolin
Disodium Monnooleamide	Polyglyceryl diisostearate
Ethylhexyl palmitate	PPG myristyl propionate
Glyceryl diisostearate	Potassium chloride
Hexadecyl alcohol	Propylene glycol monostearate
Isocetyl stearate	Sodium lauryl sulfate
Isodecyl oleate	Solulan 16
Isopropyl isostearate	Sorbitan oleate
Isopropyl myristate	Sorbitan sesquinoleate
Isopropyl palmitate	Steareth - 10
Isostearyl isostearate	Stearyl heptanoate
Isostearyl neopentanoate	Wheat germ oil
Laureth 4	Xylene
Lauric acid	

Treatment

1. You will be given a cleanser to wash your face 2 or 3 times a day, in the morning, after work or school and exercise, and at bedtime. Don't over wash, scrub too hard or use abrasives.
2. After washing morning and night apply the glycolic acid deep cleanser or moisturizer.
3. After washing and the glycolic acid apply the antibiotic lotion or gel.
4. Apply the benzoyl peroxide or tretinoin over this as directed morning and / or night.
5. If you have active pimples and nodules you will be given an antibiotic. Most of the antibiotics we prescribe do not have to be taken on an empty stomach. If you are given a sulfa-containing drug, you should take it with a full glass of water. Some women are prone to vaginal yeast infection if taking antibiotics. If so, inform us so we can prevent it or treat it if necessary. Most antibiotics should not be taken during pregnancy, but there are some that are safe.
6. Treatment in the office is an important part of the therapy. This consists of removing blackheads and whiteheads, draining pimples and nodules and injecting large nodules to dissolve them.
7. We will also apply glycolic acid in various strengths to reduce the acne lesions and keep the pores open.
8. Microdermabrasion with a salicylic acid dermal infusion is also used to treat acne. This can be alternated with the glycolic acid peels.
9. Isotretinoin (Accutane) is an oral medication for severe or resistant acne. In some cases it can be a complete cure. If it is recommended, more information will be given.

One of the newest treatments for acne is called photodynamic therapy (PDT). This consists of applying a chemical to the skin which is absorbed by the oil glands. The skin is then exposed to a light which is selectively absorbed by the chemical. This can completely clear acne after a series of treatments.

Side Effects

Dryness and chapping may occur especially when starting a new regimen. If so, stop the washing and topical applications a day or so, then resume gradually. You may use an oil-free moisturizer available in the office.

If you have nausea, abdominal cramping or a skin rash, stop the antibiotics and call the office. Occasionally, an acne-like rash can be due to another cause. You also may have rosacea. These are treated differently from acne.

Proper care is necessary

No matter what treatment we use, remember that you must continue proper care until you no longer have the tendency for acne. There is no instant cure, but it is controllable and treatment can prevent permanent scars.

DO NOT RUN OUT OF MEDICATIONS

Acne will flare or return if you stop treating it.

For your convenience

We have available in our office most of the skin care products and some of the medications prescribed for your treatment. These products have been designed for patients with acne and other problems. You may call and order the topical skin care products via phone or the internet. www.alkek.com Our staff can give you advice about makeup.

Treatment for acne scars

Acne pimples and nodules leave a red or purple mark, which can last several months. These are not permanent scars. Deep acne lesions can leave pits or depressed scars. These permanent scars can be treated in various ways depending on the type of scars. Dr. Alkek has a special interest in treating scars and probably has more experience in treating acne scars than anyone in the state. We can do excisions, dermabrasion, or injections of filling substances depending on the need and desire of the patient. If you want more information about treating acne scarring, please ask the nurse or doctor.