

Acne (or pimples) is very different for each person. There are different types of acne someone can get and there are different severities. There are many effective treatments out there that many people are unaware of.

3 CATEGORIES OF TREATMENT:

1. **Treatment you apply to skin:** “Topical” treatments like creams, ointments, and even facewash.
2. **Treatment that works throughout your body:** Your dermatologist, or skin doctor, can prescribe different medicines if you have more severe acne.
3. **Procedures that treat acne:** These are things the doctors can do during an office visit.

BE PATIENT!

There is no such thing as an overnight miracle treatment. At home treatments usually take 4-8 weeks to work. If the product isn't helping after 10 weeks, try another product and/or see a dermatologist. Waiting for acne to clear can be really discouraging, but it is really important not to pop or pick at it. This can leave permanent scarring. It can also lead to low self-esteem and depression, so it's important to talk to your dermatologist about treatment.

TALK TO YOUR DERMATOLOGIST.

A dermatologist, a skin doctor, can help you decide the best treatment for you. It is important to talk to your parents or a trusted adult about what you should use and what steps you should take. Treatment is usually an ongoing process to help prevent breakouts even after they've cleared. Only your dermatologist can tell you when it's best to stop treatment.