

The Acne Care Companion

Education and Solutions
for Clearer, Healthier-Looking Skin



Acne comes in all shapes and sizes ...

Acne is a skin condition that occurs when pores become clogged with excess oil and dead surface skin and rapidly become a breeding ground for bacteria. This results in, yes, breakouts.

Acne often starts before you can see it! Even after acne clears up, it can leave marks behind that may take time to fade.



WHITEHEADS (closed comedone) are whitish or skin-colored bumps that occur when pores get clogged with oil.



BLACKHEADS (open comedone) are like whiteheads except they have small volcano-like surface openings that turn brown or black in color when exposed to air.



INFLAMED ACNE BUMPS form when the walls of clogged pores break and get more irritated and inflamed. Dermatologists may refer to them as **papules or pustules**.

CYSTS, another type of inflamed pimple, form as a result of clogged pores getting even more irritated and inflamed, pushing deeper into the skin to form fluid-filled cysts.



Acne can also leave behind marks on the skin. It may take time, but certain products can help them fade faster.



POST-ACNE MARKS is a darker discoloration of the skin, and sometimes a result of the healing process after acne. Think acne marks, dark spots, blemishes and/or discoloration.

Post-acne marks are usually flat, and red or brown in color. It occurs more often in people with darker skin tones.

Exfoliation and OTC treatments, as well as sunscreen, can help fade post-acne marks. Be sure not to over-exfoliate, as this can disrupt your skin's natural barrier, causing irritation, visible redness and breakouts.

What other factors can influence acne?

HORMONES: Testosterone and estrogen can cause more oil to be produced. As a result, breakouts are common during teen years and when hormone levels change throughout life. Some people are more predisposed than others (we have our genetics to thank for that!).

MEDICATIONS: Certain prescription drugs can make breakouts worse, such as corticosteroids. Be sure to tell your doctor about your medications.

LIFESTYLE: Stress, diet and lack of sleep can all disrupt the body's normal process and make acne worse. Even a dirty pillowcase or cellphone screen rubbing against your skin can exacerbate pimples.

Understanding Acne at Every Age

Acne can impact anyone, from teens to adults, but everyone does not experience it in the same way. How old you are can have a big impact on how you experience acne.

Acne in Teens	Acne in Adults (>25)
<ul style="list-style-type: none"> May be more common in males Back acne more common Blackheads and whiteheads more common Often presents on cheeks Often responds well to treatment 	<ul style="list-style-type: none"> May be more common in females Deeper, painful pimples more common Hormones often play a larger role Post-Acne Marks are common Often presents in lower half of face Often resistant to treatment

Acne is hard, but you are not alone

#1

Acne is the most common skin condition in the U.S.*

#1

Acne is the #1 reason for visits to Dermatologists.*

95%

of the population will experience acne at some point in their life.*



DERM PERSPECTIVE

"Acne has a tremendous impact on the emotional, social and physical well-being of many patients; however, clearer skin is possible with a **consistent daily routine – which combines the right products with the right ingredients.**"

- Dr. Asha Patel Shah, Board Certified Dermatologist

Ingredients That Work: Your Acne Allies

Clear Breakouts	
MicroClear® Technology	Exclusive Neutrogena® technology helps boost delivery of acne-fighting salicylic acid to help clear acne and blackheads
Salicylic Acid	Clears and helps prevent future breakouts, treats and penetrates pores to reduce the number of acne blemishes
Benzoyl Peroxide	Helps fight acne-causing bacteria
Adapalene	Prescription-strength formula with proven results that shows visible improvement in the appearance of post acne marks
Address Post-Acne Marks	
Glycolic and Mandelic Acid	Exfoliates skin to improve the look of post acne marks
PHA	A gentle chemical exfoliant that is also known for its humectant properties
N-Acetyl Glucosamine	A gentle exfoliant that helps improve the look of acne marks
Support the Skin Barrier	
BarrierCare® Technology	Exclusive Neutrogena® technology that helps gently cleanse the skin without disrupting the skin barrier
Cica	Helps improve visible redness and soothe irritated, dry skin
Sucrose, Trehalose, Succinic	Prebiotic and probiotic blend that promotes a balanced microbiome for a healthy skin barrier
Hypochlorous Acid	Helps fight impurities

Skin Care Best Practices

- ✓ **Cleanse 2x daily:** Look for Salicylic Acid cleansers to fight acne while removing dirt and impurities.
- ✓ **Adults | Exfoliate or mask 1-2x/week:** Helps remove dead surface skin, unclog pores and visibly fade the look of post-acne marks.
- ✓ **Patches:** Provide optimal healing environment with gentle patches that absorb impurities.
- ✓ **Adults | Add an effective retinoid to your routine:** Look for adapalene to help clear skin and visibly improve the appearance of post-acne marks.
- ✓ **Moisturize:** Helps prevent dryness and minimize the risk of irritation that can lead to breakouts. Look for a lightweight, non-comedogenic moisturizer with Hyaluronic Acid or ceramides.
- ✓ **Sunscreen:** Look for products that are non-comedogenic and at least 30 SPF.

Why Hydration Matters in Acne Care

- **MYTH:** Acne-prone skin doesn't need moisture.
- **FACT:** Hydration helps maintain a healthy-looking skin barrier and supports consistent acne treatment.
- **FACT:** Hydrated skin is more resilient and less prone to irritation.
- **FACT:** Lightweight, non-comedogenic moisturizers are ideal for acne-prone skin.

Build a Personalized Skincare Plan With Your Doctor

 Cleanse	 Hydro Boost Hydrating Gel Cleanser, Fragrance Free	 Oil-Free Acne Wash, Fragrance Free	 Evenly Clear™ Acne Cleanser
 Patch & Treat	 Stubborn Acne® Ultra Thin Acne Patches for Sensitive Skin	 Evenly Clear™ Clarifying Spray	 Evenly Clear™ Retinoid
 Moisturize	 Evenly Clear™ Acne Gel Moisturizer	 Hydro Boost Gel Cream	 Hydro Boost Water Cream
 Protect	 Hydro Boost Hyaluronic Acid Moisturizer SPF 50	 Ultra Sheer® Mineral Face Liquid SPF 70	 Clear Face Liquid Lotion SPF 50



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