

## Self-care Information

# Acne

**Tips on how you can self manage your acne.**

**“Supporting you to look after you”**

- Acne is common and affects most people at some point in their life. It tends to start at puberty.
- Acne causes spots, oily skin and sometimes skin that is hot or painful to touch.
- Acne cannot be cured, but it can be controlled with treatment.
- For most people, acne stops within 5 years, but some people may have lifelong acne.
- Several creams, lotions and gels are available at pharmacies for treating mild acne.

## Your local community pharmacy can help with acne

- You don't need to see your GP to get treatment for mild acne.
- Speak to your pharmacist for advice if you're not sure which type of medicine is best for you and your symptoms.
- **Ask your pharmacist which treatment to buy for a child, some treatments are not suitable for younger children.**
- A product containing **benzoyl peroxide** may be recommended. Don't let it touch anything coloured, like hair or dyed fabrics, as it might cause them to fade or change colour.
- **Ask your pharmacist which treatment to buy if you are pregnant or breastfeeding.**

### Did you know?

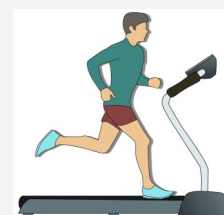
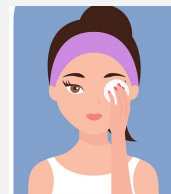
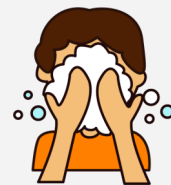
Acne is most commonly caused by hormone changes. It's a myth that diet or poor hygiene play a role in acne.

### See your GP if:

- Your acne is really bad and you feel physically unwell because of it.
- You have a lot of spots on your chest and /or back as well as on your face.
- You develop painful spots that feel 'deep' in your skin.
- You get distressed by your acne, and/or it affects your social life.
- You notice the beginning of scarring despite treatment.
- You suspect that you may have an underlying medical condition that causes your acne – for example, if you have additional symptoms such as infrequent or absent periods, excessive hair growth, or hair loss.

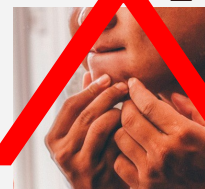
## You could try

- ✓ Washing with mild soap or cleanser and lukewarm water. Very hot or very cold water can make acne worse.
- ✓ Using water-based make-up, skincare and suncare which is less likely to block the pores in your skin than oil-based products.
- ✓ Completely removing make-up before you go to bed.
- ✓ Washing your hair regularly and trying to avoid your hair falling across your face.
- ✓ Exercising more, regular exercise can't improve your acne, but it can boost your mood and improve your self-esteem. Shower as soon as possible once you finish exercising, as sweat can irritate your acne.
- ✓ Using a fragrance-free, water-based moisturiser if you have dry skin.



## Try not to

- ✗ Wash affected areas of skin more than twice a day. Washing too often can irritate the skin and make symptoms worse .
- ✗ Squeeze spots or try to “clean out” blackheads. This can make them worse and can cause permanent scarring.
- ✗ Use too much make-up.



Here are some useful links to further information:

NHS Website	<a href="https://www.nhs.uk/conditions/acne/">https://www.nhs.uk/conditions/acne/</a>
Patient Websites	<a href="https://patient.info/skin-conditions/acne-leaflet">https://patient.info/skin-conditions/acne-leaflet</a>
<b>Or visit your local pharmacy for advice</b>	



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<https://notts.icb.nhs.uk/your-health/personalised-care-2/my-life-choices/>

