

SKIN SCHOOL

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Evidence-based skincare, explained simply.

ACNE

CHEAT SHEET OVERVIEW

ACNE IN 60 SECONDS

HORMONES stimulate the oil glands → **MORE OIL** More sebum is produced → **BLOCKED PORE** dead skin cells and oil build up → **BACTERIA** *C. acnes* overgrows in the pores → **INFLAMMATION** causes redness, pimples and sometimes pain

WHAT IS ACNE?

Acne is a common skin condition that occurs when hair follicles become blocked with oil, dead skin cells and bacteria. It can cause blackheads, whiteheads, pimples and sometimes painful cysts or nodules.

TYPES OF ACNE

BLACKHEADS
Open comedones. Dark appearance due to oxidation.

WHITEHEADS
Closed comedones. Small, white bumps under the skin.

PAPULES
Small, red, tender bumps.

PUSTULES
Pimples with pus (white or yellow head).

NODULES
Large, firm, painful lumps deep in the skin.

CYSTS
Deep, painful, pus-filled lumps that may scar.

WHAT CAUSES ACNE?

- Hormonal changes (like puberty, menstruation, PMOS)
- Increased oil (sebum) production
- Genetics
- Bacteria overgrowth (*Cutibacterium acnes*)
- Certain medications
- Cosmetics that clog pores

HOW IS IT TREATED?

- Topical treatments (like retinoids, benzoyl peroxide, antibiotics)
- Oral treatments (like antibiotics, hormonal treatment, Isotretinoin)
- Lifestyle adjustments (skincare, diet, stress)
- Daily sunscreen (essential for all acne-prone skin)
- Consistency and patience are key!

WHEN TO SEE A DERMATOLOGIST

- If acne is severe, painful or scarring
- If over-the-counter products are not helping
- If it affects self-confidence or quality of life
- For long-term management and prevention of scars
- If you are pregnant

PATIENTS ASK ME EVERY DAY

- Can I use moisturiser and sunscreen?
- What soap can I use?
- Will I outgrow acne?
- How do I use my retinoids?

Find these answers under
Frequently Asked Questions

WHAT'S NEXT?

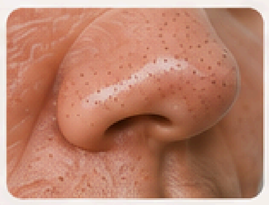
- Build a daily skincare routine
- Use treatments as prescribed
- Keep your skin barrier strong
- Book regular follow-ups

KEY TAKE-HOME MESSAGES

- Acne is treatable.
- Consistency beats perfection.
- Don't pick your pimples.
- Moisturise and wear sunscreen every day.
- Early treatment prevents scars.

MILD

Few blackheads and small pimples, mainly on the forehead and nose.





MODERATE

More inflamed pimples and redness, may involve cheeks and chin.





SEVERE

Many painful pimples, nodules or cysts. Higher risk of scarring.





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