



Healthy Skin

with **Dr. William Griffin**

You Can Treat Acne

Many patients with acne can control their disease with over-the-counter medications. For the red pustules and bumps, benzoyl peroxide is available in different strengths and preparations. (It is also the main ingredient in Pro Active).

For the mildest acne, a 5% wash used once a day may be sufficient. The 10% wash is better for patients with darker skin and oily skin. If this is not sufficient, you can use 5% cream at night. Again, the 10% cream is best for oily skin.

If the overnight cream is used, don't over-clean the skin, causing it to get too dry and red. Cleaning with a non-soap cleanser such as Cetaphil or Maxam may be necessary.

Don't over-wash or scrub your face and don't pick. If you get a new big, juicy zit, put some Rezamid lotion on the lesion twice a day for one to two days till the lesion is dry, but don't over-do it. It's okay to wear light make-up with acne, but try a water-based or mineral type make-up. Be patient with your treatment and you should improve. If you would like more information, contact Dermatology Associates 2300 West Stone Drive, at (423) 246-4961.