

Acne

RFQs

- How is this affecting you?
- Do you get painful acne cysts at all?

Provide

Option 1:

Your acne is relatively mild. You sound keen to try something from me to help. Perhaps you might be interested in a cream? The cream could potentially irritate your skin initially (so try it on a small area on alternate days to start with), and it can tend to bleach your pillows and sheets. It would be likely to take 2 or 3 months before it helps. If you are getting painful cysts I would be happy to see you again, otherwise perhaps we could talk on the phone before you run out of the cream.

Option 2:

You have some nasty, painful cysts here. That can make you prone to scarring. One of your options for this, is to see a dermatologist and to consider using low dose isotretinoin. If you would consider that: we should arrange a couple of blood tests (to check your liver function and your lipid levels) and also make sure that you are well protected from getting pregnant. Isotretinoin can be quite drying to the skin, but at low doses is normally well tolerated and usually effective for this sort of acne. It is dangerous to unborn babies, so the dermatologist will insist that you are on very effective contraception.

Safety net:

It's likely to take 2 to 3 months before you see any benefit with the treatment changes that you have opted for today. Let me see you again in 3 months time if you are not happy with your progress, or make a telephone appointment if you want to request the next option. If you start to get painful acne cysts, or if you become much more distressed by your acne, I'd be happy to see you earlier.