Treatment GuidelineS FOR HEALTH STAFF

ACNE

Authorized health and wellness staff may treat acne as follows:

1. Encourage the student to:

* Wash the area gently one to two times per day. “Acne soaps” are not necessary. Never scrub or use abrasive washes. Allow the skin to dry completely before applying medication.
* Avoid wearing hats, headbands, or other garb that rests upon the forehead. This may aggravate acne.
* Avoid or minimize the use of hair oils, gels, or greases. This will increase the oiliness of the skin and worsen acne.
* Never pick at acne lesions.

1. Administer benzoyl peroxide 5% gel, applied lightly to affected areas twice daily.

**WHEN TO REFER TO THE CENTER PHYSICIAN**

* If acne does not begin to improve after 6-8 weeks of daily use of the medication
* If there are large areas of involvement (e.g., chest, shoulders, back)
* If acne is pustular
* If there are deep lesions that are causing scarring and pitting
* If female students with significant acne have other signs of possible hormonal problems (hirsutism, infrequent or absent menses, acanthosis nigricans, etc.)