# *Useful Information About Acne Treatment*

Acne is a problem faced by many people, especially those who are young. It is an inflammatory disease that affects the pilo-sebaceous glands and hair follicles, promoting the formation of papules, pustules and comedones. Although the problem of acne is mostly prevalent in teenagers, a lot of adults also suffer from this problem. Before embarking on a course of treatment based on the administration of drugs for the treatment of acne, it is good to keep in mind certain precautions, which can prevent the occurrence of acne and help in getting rid of the disease as well.

* The skin should always be cleaned gently with a mild soap or face cleanser.
* Avoid over-cleansing the skin: excessive cleaning, in fact, removes the thin natural lipid layer that covers the skin, drying out the skin and making it more sensitive.
* Always remove make-up from face with a mild make-up remover.
* In the case of acne, your hair should not come in contact with your face.
* Do not rub or scratch pimples to prevent permanent scarring.
* Do not use oily creams on the face, especially in the presence of acne.

These simple measures can be effective in cases of mild to moderate acne, and if symptoms persist, you can take a drug treatment. If you feel that your condition is too severe and if you suffer from excessive outburst of acne, you should consult a dermatologist. Severe cases of this disease should be treated instantly or else it can lead to permanent marks in the face of the patient. There are a variety of drugs which can be used to treat acne. The doctor will prescribe the drug that is best suited for the patient, depending on the severity of the disease.

Acne treatment will include antibiotics when the condition of the patient is severe. They are also used in complicated cases, in addition to those in which the topical application of other specific substances (such as retinoids) is particularly complex or ineffective. Most of the times the antibiotics are taken orally but there are some antibiotic formulations which are applied on the skin, especially by patients who cannot take antibiotics orally. Some of the commonly prescribed antibiotics for acne are:

1. ***Clindamycin***(e.g. Dalacin T-cutaneous solution, Zindaclin gel, Cleocin cream etc.) - apply the product on the skin twice a day. The duration of therapy should be determined by your doctor.

2***. Erythromycin***(e.g. Erythromycin IDI gel / cream, Eryacne, Zineryt etc.) - apply the product to the infected area once or twice a day. Clean the area thoroughly before applying the medication.

Our specialized [skin clinic](http://lescosmedics.com/) in Delhi offers all kinds of aesthetic and cosmetic treatments, including [acne Treatment](http://lescosmedics.com/).

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