

Medicines Used in the Treatment of Acne

Acne is not only an irritating skin condition, it also can be very painful and leave ugly scars if they are not taken care of and appropriate treatment is not sought. Unfortunately, there is no guaranteed solution for acne. One product that helps one individual get rid of acne may not be of any help to another person. You may need to try out a few products before you can actually find one that suits your needs. Nonprescription commercial products can help in the treatment of mild cases of acne. However, if the condition is severe and long-term, then getting medical help is the best solution. Niacin and Vitamin A or Retinol, are two vitamins that have been successfully used in the treatment of acne. The intake of 100 mg of niacin thrice a day and 50,000 IU of vitamin A three times a day, along with vitamin E once a day for a month constitutes an effective therapy. Retin A, a derivative of Vitamin A, can be applied externally to remove existing comedons and blackheads, and prevent the formation of new ones as well. Accutane or Isotretinoin is another Vitamin A derivative that is used only in case of severe infections, because in addition to its efficacy in the treatment of acne, it has innumerable side effects as well. The use of zinc is also showing a great prospect in the cure of acne. Intake of therapeutic doses of 50 mg of Zinc three times daily, either in tablet or in capsule form, helps in the treatment of acne. After one month, if there is a noticeable difference in the condition, then the dose can be reduced to 25 mg thrice a day. Undisputedly, the best over-the-counter medication for acne is Benzoyl Peroxide. The application of this item can cause mild irritation, because it actually increases shedding of dead skin cells from the affected area. This unclogs the pores, and the antibacterial action of this drug removes all the bacteria from the infected pores. This product is available in the form of ointments and gels. A temporary solution to acne is the use of salicylic acid, a mild astringent. It eliminates dead cells of the skin. Repeated application is necessary, but that may dry out the skin excessively. Once the use of this material is discontinued, the acne might reappear. Isopropyl alcohol is another strong astringent, used in many products. But the use of it should be limited, otherwise the skin will wither. Topical application of antibiotics available in the form of lotions, ointments, gels and water-alcohol solutions can rapidly dry up pustules. The presence of alcohol may lead to minor itching or peeling. Oral intake of antibiotics like Tetracycline is very effective in the treatment of serious infections comprising cavernous papules, enormous pustules and large cysts. Gastrointestinal disorders are frequent side effects. Before starting any course of medicines, it is always better to consult some professional medical practitioner to determine which will suit you the best, and to avoid possible complications.

About the Author

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