



Texas Children's Hospital



**Texas Children's Hospital
Dermatology Service
PCP Referral Guidelines- Acne**

Diagnosis: **ACNE**

GENERAL INFORMATION:

1. **Delayed onset:** Medications often take 2-3 months to start working. Please encourage patients to use medication daily for continuous 2-3 months to assess efficacy.
2. **Compliance:** The acne will not get better if the medications are not used every day.
3. **Expected irritation:** Skin may get "worse" (dryness, redness from medications) before it gets better. Apply oil-free moisturizer after medication is applied. With continued use, irritation tends to improve.
4. **Excellent skin care:** Please use oil-free, non-comedogenic hair and skin care practices. (see page 3)
5. **Avoid trauma:** no picking or squeezing acne bumps.

BASIC SKIN CARE:

1. Wash skin gently 1-2 times per day.
2. A pea-sized amount of medication should be used to cover the entire face.
3. If skin is dry/irritated, after medication is applied to face, follow with oil-free moisturizer. Moisturizer can be applied throughout the day.
4. Apply oil-free sunscreen daily.



**Texas Children's Hospital: Dermatology Service
PCP Referral Guidelines- Acne (continued)**

REFERRAL GUIDELINES:

MILD COMEDONAL (mainly comedones)

Topical retinoid at night

Please try guidelines for 3 months and assess response prior to referral.

MILD MIXED (comedones and a few inflammatory lesions)

Topical retinoid at night

AND

Benzoyl peroxide containing product in the morning (see page 3)

Please try guidelines for 3 months and assess response prior to referral.

MODERATE TO SEVERE MIXED (many comedones and inflammatory lesions)

Topical retinoid at night

AND

Benzoyl peroxide containing product in the morning

AND

Doxycycline or Minocycline 50-100 mg PO BID For 3 month trial

Please start guidelines and place referral, so we may assess response at initial dermatology evaluation.

NODULOCYSTIC (cysts, nodules, evidence of scarring)

Please start guidelines for moderate to severe mixed acne and call the on-call dermatologist for expedited appointment.

HORMONAL CONSIDERATIONS

- For patients with hirsutism, acne, and irregular periods, consider laboratory evaluation and/or referral to Gynecology.
- For patients with history of acne flares with menstrual periods, consider oral contraceptive pills (Ortho Tri Cyclen, Yaz, Estrostep)

TOPICAL RETINOIDS

Topical Retinoid Potency	<ul style="list-style-type: none"> • Generally, start with tretinoin 0.025% cream to minimize irritation, increase compliance and for insurance coverage • Increase potency of topical retinoid every 2-3 months as needed and tolerated. 	Concentrations	Vehicles <ul style="list-style-type: none"> • Consider creams for sensitive skin • Consider gels for oily skin, but can be more irritating
Mild	Adapalene (Differin)	0.1%	Gel * Available OTC
Mild	Tretinoin	0.025%, 0.05% , 0.1%	Cream, Gel
Moderate	Tretinoin Micro	0.04% , 0.1%	Gel
Strong	Tazarotene *Preg Category X	0.05% , 0.1%	Cream, Gel



Product Recommendations for Acne-Prone Skin

Over-The-Counter Benzoyl Peroxide Containing Products

	Cleansers	Leave-on Topicals
Lower concentrations for face	<ul style="list-style-type: none"> • PanOxyl cream wash (4%) • Neutrogena Clear Pore Cleanser/Mask (3.5%) 	<ul style="list-style-type: none"> • Neutrogena Rapid Clear Acne Daily Mask (2.5%)
Higher concentrations for chest and back or spot treatment for face	<ul style="list-style-type: none"> • PanOxyl Acne Cleansing Bar (10%) • Pan Oxyl Foaming Wash (10%) 	<ul style="list-style-type: none"> • Clearasil Daily Acne Control Cream (10%) • Clearasil Maximum Strength Acne Treatment (10%) • Clearasil Ultra Rapid Action Treatment Cream (10%) • Clean and Clear Persa Gel-10, Maximum Strength (10%) • Neutrogena Rapid Clear (10%)

Cleansers

- Purpose Gentle Cleansing Bar
- Purpose Gentle Cleansing Wash (pump)
- Neutrogena Fresh Foaming Cleanser (pump)
- Olay Foaming Face Wash (pump)
- Olay Gentle Foaming Face Wash (pump)
- Cetaphil Antibacterial Soap (bar)
- Vanicream Gentle Facial Cleanser (pump)
- Cerave Foaming or Hydrating Facial Cleanser (pump)

Facial Moisturizers

- Cetaphil UVA/UVB Defense Facial Moisturizer (SPF 50)
- Neutrogena Healthy Defense (SPF 30 or 45)
- Neutrogena Oil-Free Moisture (SPF 15)
- Olay Complete (SPF 20)
- Olay Complete Defense (SPF 30)

Educational recommendations are made from the best evidence, expert opinions and consideration for the patients and families cared for by the service. This is NOT intended to impose standards of care preventing selective variation in practice that are necessary to meet the unique needs of individual patients. The physician must consider each patient's circumstance to make the ultimate judgment regarding best care.



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