

# Mild Acne: Type 1 & 2

(Leeds Classification)



**Skin is almost clear—rare noninflammatory lesions present, with rare noninflamed papules (papules must be resolving and may be hyperpigmented, though not pink-red).**



**Some noninflammatory lesions are present, with few inflammatory lesions (papules/pustules only; no nodulo-cystic lesions).**

## Treating Mild Acne

Mild acne consists of small lesions, such as blackheads, whiteheads or pustules, which appear at or near the surface of the skin. As such, mild cases of acne can sometimes be controlled at home by:

- Gently washing the affected area(s) with warm water and a mild soap twice a day to remove dead skin cells and excess oil
- Using a topical (applied to the skin) over-the-counter acne treatment containing benzoyl peroxide or salicylic acid
- Following the Acne Skin Care Guidelines: Please see "Getting The Most of Your Acne Treatment"
- Most mild acne can be controlled by gently washing the affected area(s) and using a topical preparation, such as benzoyl peroxide.
- At-home treatment requires 4-8 weeks to see improvement. Once acne clears, treatment must be continued to prevent new lesions from forming.
- Even mild cases of acne may require the help of a dermatologist. If the acne does not respond to at-home treatment, a dermatologist can assess the situation and determine an appropriate therapy. In these cases, combination therapy (two or more treatments) may be used. Combination therapy may include use of a prescription topical antimicrobial or topical retinoid. These prescription topicals can be very effective in clearing mild acne.

