

Moderate/Severe Acne: Type 3 & 4

(Leeds Classification)



Non-inflammatory lesions predominate, with multiple inflammatory lesions evident: several to many comedones and papules/pustules, there may or may not be one small nodulo-cystic lesion



Inflammatory lesions are more apparent: many comedones and papules/pustules, there may or may not be a few nodulo-cystic lesions

Treating Moderate to Moderately Severe Acne

In moderate to moderately severe acne, numerous whiteheads, blackheads, papules and pustules appear that cover from $\frac{1}{4}$ to $\frac{3}{4}$ of the face and/or other affected area(s). Moderate to moderately severe acne usually requires the help of a dermatologist and combination therapy (using two or more treatment options). Treatments used to treat moderate to moderately severe acne are:

- Physical methods, such as comedo extraction or light therapy (PDT, laser or IPL Acne Applicator)
- Prescription Medications
- Topical (applied to the skin) antimicrobials
- Topical Retinoids
- Oral Antibiotics
- Oral Contraceptives
- Over-the-counter Topical Acne Medications

Dermatologists recommend early treatment for moderate to moderately severe acne because when moderate to severe acne is not treated early, scars can develop. Acne scars take two forms—as raised thickened tissue or as a depression, such as pits or pock marks. The only reliable method of preventing or limiting the extent of these scars is to treat acne early in its course, and for as long as necessary. Additionally, anyone with acne who has a known tendency to scar should be under the care of a dermatologist.

