

## Dr Linda van Deventer – Dermatologist

### Acne

Acne is a disorder that mainly affects adolescents but may persist or even become more severe in adulthood. Most, but not all, acne patients have oily skin. Occasionally infants or young children may also develop acne.

Usually several types of acne spots appear on the face, but they also may arise on the chest, back and sometimes even more extensively.

Acne lesions may consist of inflammatory and non-inflammatory lesions.

- Non-inflammatory lesions include: blackheads, whiteheads and cysts
- Inflammatory lesions include: papules, pustules and nodules

### Acne complications

- Scars (eg. atrophic, hypertrophic or ice-pick). Scarring may be permanent.
- Post-inflammatory hyperpigmentation (brown marks) or
- Post-inflammatory red macules (red marks).
- Low self esteem

### When to see a Dermatologist for acne

Consult your Dermatologist for any form of acne and its complications

ACNE can cause PERMANENT scarring if not treated promptly.

**Contact your dermatologist –**  
[info@skindr.co.za](mailto:info@skindr.co.za) | [www.skindr.co.za](http://www.skindr.co.za)