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# ACNE PILLS TREATMENT:

antibiotics, retinoids, & vitamins

acnesupplementscritic.com



## ANTIBIOTIC ACNE PILLS

There are oral and topical antibiotics for acne including:  
Tetracycline  
Erythromycin  
Clindamycin

**Possible side effects:** skin irritation, photosensitivity, blurred vision, dizziness, antibiotic resistance.



## ISOTRETINOIN ACNE PILLS

Isotretinoin is a synthetic retinoid that is a derivative of Vitamin A (retinol).

**Common Side Effects:**  
Dry eyes and dry skin  
Cracked lips  
Muscle and joint pain



## BIRTH CONTROL

Birth control can be prescribed for breakouts if antibiotics and topical creams have not worked to clear up the skin.

**Names of Birth Control Acne Pills:**  
Ortho Tri-Cyclen  
Estrostep  
YAZ



## ACNE VITAMINS

We can help our acne breakouts and other skin issues by taking acne vitamins. Some of these include Vitamin A, B, and D.

These vitamins can be helpful in the treatment and prevention of acne as they are necessary for vital body functions. They are important because they keep the immune system, skin, organ, bones, and brain healthy.

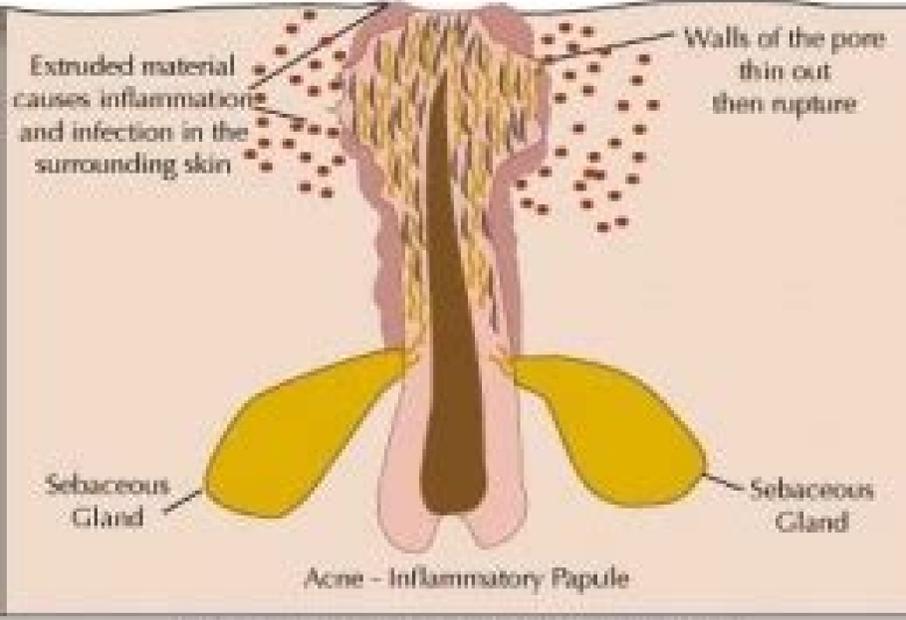


## CAN ACNE BE CURED?

In general, breakouts are an inflammatory response to hormonal issues going on in our body. Once we address the hormone fluctuations we may see a reduction in acne, oily skin, and overall inflammation.

Acne treatment tablets have shown to be successful for most people, but the best acne medication is determined by the type of breakout you have.





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Acne pill treatment. Which pills help with acne. What will doctors prescribe for acne. What's the best pill for acne.

Acne Author: Steven Hess Published Date: 2021-01-20 Acne is a skin condition most commonly found in teenagers and young adults, it occurs when hair follicles plug with oil and dead skin cells. Acne can appear as blackheads, red bumps, and whiteheads. There are many causes of acne including hormonal imbalances, oily skin, medical conditions, sleep deprivation, and more. Acne may occur as inflammatory acne, hormonal acne, or cystic acne but whichever is the case, it can be uncomfortable, upsetting, and embarrassing. If you have tried over-the-counter products and home remedies that are not working, you may be considering prescription acne treatments. With just one visit to your dermatologist, they will likely prescribe you a plan to help treat the acne causing bacteria and prevent acne scarring. These treatments will either come in the form of a topical solution or an oral medication to be added to your skin care routine. Because many people experience severe and persistent acne, sometimes a higher level of acne medication or stronger treatment is necessary. Over-the-counter acne products aren't as effective when it comes to severe cystic acne or when acne is developed specifically in the adult years. The most commonly prescribed treatments can be found below: Topical Acne Treatment Retinoids When retinoids are applied topically on the skin, they work to unclog your pores and reduce the formation of acne scars. A topical retinoid also works to prevent and speed up the healing process with blackheads, whiteheads, and inflamed spots. With retinoids as topical treatment, your skin might experience redness and peeling. If this occurs, use a moisturizer to offset these effects. Additionally, retinoids make your skin more susceptible to sunlight, so apply your retinoids at night to avoid this risk. Examples include: Tretinoin, Tazarotene, and Differin Antibiotics Antibiotics work by reducing redness in the skin and killing excess skin bacteria. Antibiotics are not recommended to be used alone, rather they should be applied alongside benzoyl peroxide. The reason for this is your skin may develop resistance to the antibiotic if used alone, which will make it useless. Examples include: Erythromycin, Tetracycline, Minocycline, and Doxycycline Azelaic Acid Azelaic acid cream is used for acne because it decreases swelling and redness in the skin and encourages cell turnover, so your skin heals quickly and minimizes scarring. It works by decreasing keratin production which, in excess amounts, can lead to the development of acne. Again, azelaic acid will dry out your skin, so apply moisturizer after application. Salicylic Acid Salicylic acid works to dissolve the dead skin cells that clog your pores in the skin that cause acne. Its exfoliating properties encourage new skin cell turnover as well. Salicylic acid can come in the form of a gel, lotion, ointment, soap, or solutions. The strength of each varies, so application instructions are different depending on the product prescribed. Dapsone Dapsone is a very effective anti-inflammatory agent. Also containing anti-microbial properties, dapsone gel works to clear up the acne-causing bacteria in the skin while simultaneously reducing inflammation caused by acne. It is mostly used to treat mild acne and severe acne in women. Clascoterone Clascoterone is a new treatment that treats acne by blocking androgen hormones. When androgen hormones are too high, there is an increase in sebum production (sebum is the oil in your skin that causes acne). When applied, Clascoterone prevents extra oil production in the skin which decreases breakouts. Oral Acne Treatment Antibiotics Oral antibiotics can be prescribed to treat acne that is not going away from the topical version of the antibiotic. The oral antibiotics work similarly to their topical counterparts by reducing inflammation and killing the bacteria that causes acne. Their concentration levels are higher and treat more stubborn and severe cases of acne. Again, the four main antibiotics prescribed are Erythromycin, Tetracycline, Minocycline, and Doxycycline. Contraceptives For women who are looking to clear up their acne and need contraception, there are four FDA approved oral contraceptives that can be used to treat acne. Oral contraceptives contain estrogen and progesterone hormones. These extra hormone levels work to reduce the level of androgen hormones in the body. When androgen levels are low, oil production is slowed, and breakouts are less likely to occur. The four medications approved for this particular use are Ortho Tri-Cyclen, Estrostep Fe, Beyaz, and Yaz. Spironolactone Spironolactone is an anti-androgen oral acne medication drug that is typically used to lower blood pressure levels. However, it also can be used to block androgen receptors to reduce sebum levels in the skin. When oil production decreases, so do acne breakouts. Isotretinoin Isotretinoin (more commonly known as its former brand name Accutane) is an oral acne medication drug used to treat severe acne. Isotretinoin works by decreasing the size of the sebaceous glands in the skin. The sebaceous glands are responsible for creating sebum, the oil in the skin that can clog pores and cause severe cystic acne. When the sebum is controlled, breakouts stop. Currently, the brands available for Isotretinoin are Absorica, Amensteem, Claravis, Myorisan, Sotretm, and Zenatane. Again, if you are struggling to find a solution that clears up your acne, consider visiting your dermatologist. Once you have received a treatment plan, your doctor can send the prescription to an Apotheco Pharmacy. We will find the lowest possible price for your prescription acne medication, pack, and deliver the medication at no cost to you! Contact us today with any questions or to learn more about our acne pharmacy! Acne and you Acne results from plugged hair follicles. Oil, dirt, and dead skin cells on the surface of your skin clog your pores and create pimples or small, localized infections. Treatments work to clear away bacteria and dry up the excess oils that lead to acne. Different acne treatments include lifestyle remedies, topical medication, oral medication, and medical procedures. The treatment that's right for you depends on your individual condition. If you have mild to moderate acne, such as whiteheads or blackheads, your treatment should be relatively easy. However, if you have cystic or inflammatory acne, your treatment may be more challenging. Cystic acne is one or more large, painful, red cysts under the surface of your skin. Your doctor or dermatologist can help you figure out what type of acne you have. Many people with mild acne or pimples can manage their condition with lifestyle changes. Oil is a major cause of acne, so keeping your face clean and your hair away from it is important, especially if your hair tends to be greasy. Oils from your hair and face also build up on your bedding. Changing your pillowcase daily or weekly can help prevent this buildup. Wash your face two to three times per day with lukewarm water and a gentle cleanser that's not abrasive. Don't scrub your skin too hard. This can aggravate your skin even more. Also, try not to use skin care products that can be irritating, such as scented lotions or oil-based makeup. Choose moisturizers and sunscreens that are labeled "noncomedogenic." This means that the product won't clog your pores. These adjustments can go a long way in helping you resolve mild acne. If you need something a little stronger, your doctor may suggest you also use topical or oral medication. Topical medications are lotions, gels and creams that you apply to your skin. You typically apply a thin coat on your skin in the morning and before bedtime after washing your face. Some are available over the counter, and others require a prescription. OTC acne products usually contain the active ingredient salicylic acid or benzoyl peroxide. These substances reduce the amount of oil your body produces. They also fight inflammation. These effects help treat existing blemishes and prevent new ones from forming. Prescription topical medications can help when OTC products aren't strong enough. These acne gels or creams may contain tretinoin (a retinoid drug that comes from vitamin A), a stronger version of benzoyl peroxide, or an antibiotic called clindamycin. These may do a better job of killing bacteria when your acne is moderate to severe. Oral medications for acne are also called systemic treatments because they are absorbed throughout your entire body. They're only available with a prescription from your doctor. These drugs are commonly used to treat moderate to severe acne that doesn't respond to topical agents. The three types of systemic drugs used to treat acne include: Antibiotics Your doctor may prescribe a daily antibiotic pill, such as tetracycline. It can help fight bacteria and infection from the inside out. Antibiotics are commonly used with topical medication when gels and creams alone don't improve your condition. Birth control pills Regulating hormone levels can help improve acne for some women. However, you should not use birth control pills during pregnancy. If you're pregnant, ask your doctor what you can do to banish breakouts. Isotretinoin Isotretinoin is a strong drug in the retinoid family. It reduces the size of oil glands so that they make less oil. It also helps regulate skin cell turnover so that the cells don't block the release of bacteria and excess oil from your pores. Isotretinoin is mostly reserved for people with severe cystic acne. Your doctor may prescribe it when other acne drugs haven't worked. However, the side effects can be severe, so it isn't for everyone. Though not prescribed as commonly as medication, a few medical procedures may be used to treat severe acne. These procedures can all typically be performed in your doctor's office. They may be painful and in some cases cause scarring. Health insurance plans don't always cover them, either. You should confirm that your health insurance will cover these procedures before you schedule them. Drainage and extraction During drainage and extraction, your doctor manually drains large cysts that form under your skin. They remove fluids, dirt, pus, and dead skin inside the cyst to reduce infection and pain. Your doctor may inject antibiotics or a steroid into the cyst to speed healing and reduce the risk of scarring. Laser therapy Laser therapy may also help improve acne infection. Laser light helps reduce the amount of bacteria on your skin that causes acne. Chemical peels and microdermabrasion Chemical peels and microdermabrasion remove the top layer of your skin. In the process, whiteheads and blackheads are also removed. Almost everyone experiences acne at one time or another. It's most common among teenagers. However, adults can have a breakout now and then, especially during pregnancy. But pregnant women with acne may not have all of the same treatment options as others. Most of the medications used to treat acne in teens and adults are not safe to use during pregnancy, or the safety of the drug isn't known. Topical retinoids are category C drugs. This means that animal studies have shown that they're harmful to a developing fetus if given in large amounts. Check with your doctor before using tretinoin. Isotretinoin and tetracycline can harm a fetus. Isotretinoin has been linked with birth defects, and tetracycline can discolor your baby's teeth. Do not use either of them during pregnancy. The acne products that are safe to use during pregnancy are the ones that use benzoyl peroxide. Side effects of acne treatments vary depending on the method you choose and the strength of the medication. For topical acne drugs, the most common side effects are skin dryness and irritation. Fortunately, these symptoms are temporary. They often improve as your body gets used to the medication. If your skin itches, burns, or peels heavily, tell your doctor. The potential side effects for oral medications can be more serious. Antibiotics can give you an upset stomach or make you dizzy and lightheaded. If you're also taking birth control pills, use a back-up birth control method. Some antibiotics reduce how well birth control pills protect you from pregnancy. If you're using birth control pills to manage your acne, be aware that side effects of oral contraceptives include an increased risk of blood clots and high blood pressure. Oral isotretinoin can cause severe side effects, especially if you become pregnant while taking it. Severe birth defects have been reported in babies whose mothers took isotretinoin during pregnancy. The medication can also increase the risk of depression and suicidal thoughts and affect your cholesterol levels and liver function. Acne is a very treatable condition. When basic lifestyle changes don't seem to do the trick, try the least invasive treatment, OTC products. If you need something stronger, schedule an appointment with your doctor. They will assess your acne and suggest next steps for treatment. Advanced medical research is finding new ways to fight infection.

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