



ACNE, ROSACEA, AND RELATED DISORDERS (INCLUDING HIDRADENITIS SUPPURATIVA)

## **COSMETIC TREATMENT FOR ACNE**

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Acne is a chronic inflammatory skin disease involving sebaceous glands.

A correct cosmetic approach plays an important role in the management of patients with acne and should not be underestimated, especially considering that most of the topical therapies may cause stratum corneum barrier dysfunction. Indeed, cosmetics may help to minimize common side effects from systemics agents, such as retinoids or topical ones. It is important to teach patients to use the most appropriate cosmetics, chosen in consideration of acne type and severity as well as ongoing pharmacological therapy, thus avoiding cosmetics or procedures that may exacerbate acne.

Accurate indications about cleanser, sebum controlling or corneolytic agents, as well as moisturizers and photoprotective agents should be part of management of acne patients.

Advice about shaving in males and make up in women should also be provided. An optimal cosmetic approach represents valuable support to conventional pharmacological therapy that remains the principal approach.

There are mainly four kinds of acne-resisting effective ingredients to be added to the cosmetics for patient with acne: 1, Surfactants are the most important effective ingredient to be added to the cleansers to remove oil and makeup. 2, Oil-control components includes zinc, nicotinamide and biotin, which were often added to the moisturizer. 3, Keratinolytic reagent, such as benzoyl peroxide, retinoic acid, hydroquinone, fruit acid, salicylic acid, azelaic acid, willow and papaya hydrolase. 4, Propolis, artemisinin, hamamelis, tea tree oil, rosemary and anthocyanin are the anti-inflammatory components of the bacteria. Additionally, cosmetics with active ingredients affecting the metabolism of pigments can be used as an adjuvant treatment for post-inflammatory hyperpigmentation. Finally, patients with acne should choose appropriate sunscreen, for example chemical sunscreen without pores clogging. We also should be alert to the occurrence of cosmetic acne.

