

## ACNE ALGORITHM

*Developed in collaboration by Rady Children's Specialists, RCHN and NCHS*

This protocol is a general guideline and does not represent the professional standard of care required of the health care provider. This pathway should be modified as indicated, based on the health care provider's professional judgment, to meet the needs of individual patients.

	<b>Mild Acne</b> (Comedonal or Inflammatory/Mixed Lesions)	<b>Moderate Acne</b> (Comedonal or Inflammatory/Mixed Lesions)	<b>Severe Acne</b> (Inflammatory/Mixed and/or Nodular Lesions)						
<b>Initial Treatment</b>	Benzoyl Peroxide (BP) <b>or</b> Topical Retinoid  <b>OR</b> <u>Topical Combination Therapy</u> • Retinoid + BP <b>or</b> • BP + Antibiotic <b>or</b> • Retinoid + Antibiotic + BP	<u>Topical Combination Therapy</u> • Retinoid + BP <b>or</b> • Retinoid + Antibiotic + BP  <b>OR</b> <u>Oral Combination Therapy</u> Oral Antibiotic + Retinoid + BP	<u>Oral Combination Therapy</u> Oral Antibiotic + Retinoid + BP +/- Topical Antibiotic						
<b>Inadequate Response</b>  Assess Adherence!	<ul style="list-style-type: none"> <li>• Add BP or Retinoid, if not already prescribed</li> </ul> <b>or</b> <ul style="list-style-type: none"> <li>• Change Topical Retinoid concentrations, type and/or formulation</li> </ul> <b>or</b> <ul style="list-style-type: none"> <li>• Change Topical Combination therapy</li> </ul>	<ul style="list-style-type: none"> <li>• Change Topical Retinoid concentrations, type and/or formulation</li> </ul> <b>or</b> <ul style="list-style-type: none"> <li>• Change Topical Combination therapy</li> </ul> <b>and/or</b> <ul style="list-style-type: none"> <li>• Add or change Oral Antibiotic</li> </ul> <b>or</b> <ul style="list-style-type: none"> <li>• Consider Isotretinoin (Accutane)</li> <li>• ♀: Consider Hormone OCPs</li> </ul>	<ul style="list-style-type: none"> <li>• Consider Dermatology referral</li> <li>• Consider changing oral Antibiotic</li> </ul> <b>AND</b> <ul style="list-style-type: none"> <li>• Consider Isotretinoin (Accutane)</li> <li>• ♀: Consider Hormone OCPs</li> </ul>						
<b>Therapy Dosing</b>	<p><u>Topical Retinoids:</u> Adapalene (0.1% cream, lotion or gel, or 0.3% gel). Tretinoin (0.025, 0.05, 0.1% cream or gel) Should give in the PM (photosensitivity)</p> <p><u>Benzoyl Peroxide:</u> (5%-10%). Use in AM if using Tretinoin; staining of sheets/clothes/towels</p> <p><u>Topical Antibiotics:</u> Cleocin (Clindamycin Phosphate) topical solution QD-BID</p> <p><u>Topical Combination Therapies</u> (<i>May not be covered by insurance</i>)</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">                     Benzoyl Peroxide + Antibiotic                      • BP + Clindamycin                      • BP + Erythromycin                 </td> <td> <ul style="list-style-type: none"> <li>• May require refrigeration</li> <li>• <i>P. acnes bacterial resistance</i> to erythromycin is well-known</li> </ul> </td> </tr> <tr> <td>                     Retinoid + BP                      • BP 2.5% + Adapalene 0.1% gel                      • BP2.5% + Adapalene 0.3% gel                 </td> <td> <ul style="list-style-type: none"> <li>• Approved 9 &amp; up</li> <li>• Approved 12 &amp; up</li> </ul> </td> </tr> <tr> <td>                     Retinoid + Antibiotic                      • Tretinoin 0.025% gel + Clindamycin phosphate 1.2%                 </td> <td> <ul style="list-style-type: none"> <li>• Requires additional benzoyl peroxide to prevent antibiotic resistance</li> </ul> </td> </tr> </table> <p><u>Oral Antibiotics:</u></p> <ul style="list-style-type: none"> <li>• Doxycycline 50-100 mg Daily or BID <b>or</b> Minocycline 50-100 mg Daily or BID.</li> <li>• Take with lots of water and stay upright for 5-10 minutes prior to taking (avoid pill esophagitis). Photosensitivity precautions (less with Minocycline)</li> </ul> <p><u>Oral Hormones (OCPs):</u> Orthocyclen, Yaz, Yasmine. Must be counseled on side effects of OCPs</p> <p>NOTE: <u>Accutane</u> should only be prescribed by, and at the discretion of, dermatology specialists</p>			Benzoyl Peroxide + Antibiotic • BP + Clindamycin • BP + Erythromycin	<ul style="list-style-type: none"> <li>• May require refrigeration</li> <li>• <i>P. acnes bacterial resistance</i> to erythromycin is well-known</li> </ul>	Retinoid + BP • BP 2.5% + Adapalene 0.1% gel • BP2.5% + Adapalene 0.3% gel	<ul style="list-style-type: none"> <li>• Approved 9 &amp; up</li> <li>• Approved 12 &amp; up</li> </ul>	Retinoid + Antibiotic • Tretinoin 0.025% gel + Clindamycin phosphate 1.2%	<ul style="list-style-type: none"> <li>• Requires additional benzoyl peroxide to prevent antibiotic resistance</li> </ul>
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<b>Education</b>	<p><u>Set Realistic Expectations</u></p> <ul style="list-style-type: none"> <li>• Topical therapies typically take 6-8 weeks to start seeing results</li> </ul> <p><u>Review Proper Application of Topical Therapies</u></p> <ul style="list-style-type: none"> <li>• Apply a pea-sized amount to the entire face, distributing it several spots and spreading and rubbing it in completely (less is more)</li> <li>• If it leaves a film, too much was probably applied</li> </ul> <p><u>Discuss Expected Side-Effects</u></p> <ul style="list-style-type: none"> <li>• Redness, drying and irritation are typical with the perception of worsening (especially with BP &amp; retinoids within 2 weeks) after start</li> <li>• Patients should use a combination moisturizer + sunscreen with SPF<sub>≥</sub>50</li> </ul>								
<b>Consider Derm Referral</b>	<ul style="list-style-type: none"> <li>• Signs of hirsutism, acanthosis nigricans and/or menstrual irregularities with acne (PCOS)</li> <li>• Child &lt;9 years old</li> <li>• Lack of satisfactory response to treatment <b>after 8-12 weeks</b></li> <li>• Accutane is being considered (the final decision to initiate Rx rests with the specialist)</li> <li>• Tender cysts or nodules where intralesional corticosteroid injection is being considered</li> <li>• Scar-inducing cysts or nodules present or scarring is actively occurring despite treatment</li> </ul>								

As of 6/30/16

