

Over-the-counter treatments

What if over-the-counter treatment isn't working for me?

Medications to treat acne are available with no prescription needed at many drugstores. The following may come in gels, creams, or cleansers:

- Adapalene
- Benzoyl peroxide
- Salicylic acid



How should I apply over-the-counter treatments?

Side effects such as dry skin can increase with the number of treatments you use, so we recommend starting slow and using a “non-comedogenic” moisturizer after applying treatment(s).

Talk to your provider about a treatment plan that works for you. This might include using treatment(s) more or less often, using a different form of medication, or trying a prescription medication.



If you have been using over-the-counter treatments for 2-3 months with little or no effect on your acne, you can talk to your provider about prescription options.

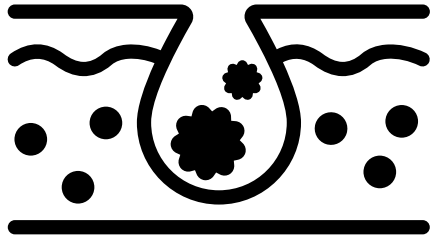
Acne on Testosterone 101



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How does testosterone affect acne?

Testosterone increases your body's production of sebum, an oily substance that helps keep your skin from drying out. Sebum can build up in hair follicles under the skin and cause acne.



Other risk factors

Some other factors may worsen acne, including:

- Stress
- Smoking
- Whey protein supplements

Will I get acne if I start testosterone?

While almost all people on gender affirming testosterone develop acne, most see a decrease in symptoms after a year. There are effective over-the-counter and prescription treatments for acne.



Hormonal acne is usually clustered in the lower face, chest, upper arms, and back.

Acne myths

Acne is not caused by “bad hygiene” or eating greasy foods.



Benefits to treatment

- May decrease pain or discomfort
- May increase self esteem
- May increase satisfaction with hormone care

