

# Acne ( Pimple )

DR.AJAY GUPTA

An E-Book ( English )

PDF format

Second Edition

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ACNE VULGARIS (GRADE 2)

एकने वल्गेरिस (ग्रेड 2)



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# Acne ( pimple )

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As with every author, I sincerely value your feedback after reading this ebook. Please feel free to share your suggestions for improvement or any changes that could enhance its quality. While I may not claim to be an expert, my intention is to contribute meaningfully and positively through this work.

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Once again, I extend my sincere thanks to everyone who has directly or indirectly contributed to the development and publication of this ebook.

Dr . Ajay Gupta.

# Acne ( Pimple )

*Dr. Ajay Gupta, Durg, INDIA.*

Dedicated to

## LORD KRISHNA

OM NAMO BHAGWATE VASUDEVAY(HINDI)  
(Chanting of this mantra will give you  
innerpower )



# Acne ( Pimple )

*Dr. Ajay Gupta, Durg, INDIA.*

- **PREFACE**

- I frequently see a large number of patients with acne. Acne is generally considered a common feature of adolescence rather than a serious disease, and almost every individual experiences it at some point in life. However, due to lack of awareness, many teenagers tend to pick or squeeze acne lesions, which can lead to permanent scars on the face and body.

- This book was written during a meaningful moment in my life—while I was waiting outside for nearly three hours as my elder son appeared for the BITSAT-2015 examination. I utilized that time productively to write, which reflects my belief in effective time management. While others around me were engaged in casual conversations, I chose to dedicate that time to creating something useful. I believe that everyone should try to contribute in some way towards social awareness and public good.

- Although many readers may overlook the preface, I strongly feel that it should be read, as it helps in understanding the author's intention and purpose behind the work. If you are reading this preface, I encourage you to also suggest it to your colleagues.

- Kindly share this book and the associated website with others who may benefit from it.

- **Dr. Ajay Gupta**

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# Acne ( Pimple )

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# Acne ( Pimple )

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- What is Acne?
- 
- Acne is a chronic (long-term) disorder of the pilosebaceous unit (oil gland of the skin), primarily caused by inflammation and bacterial involvement. It leads to the formation of different types of skin lesions such as Comedones (blackheads )and whiteheads, papules, pustules (pus-filled lesions), and nodules (larger, deeper lesions).....
-

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Acne commonly affects the face but may also involve the chest, back, neck, arms, and shoulders. It can occur at any age; however, it usually begins during adolescence—typically between 11–13 years in females and 13–15 years in males.....

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Females are affected more frequently, whereas males often experience more severe forms of acne, with a higher likelihood of scarring.

Acne is usually asymptomatic, although some individuals may experience mild discomfort or tenderness.



## Causes of Acne (Easy Explanation)



## English (Simple for Patients)

Acne happens mainly due to a combination of a few common factors:

**1.**

### **Excess Oil Production**

During teenage years, hormones increase and make the skin produce more oil (sebum). This extra oil can block the pores.

**2.**

### **Blocked Pores**

Dead skin cells mix with oil and block the pores, leading to blackheads and whiteheads.

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## Causes of Acne

### 3- Bacteria Growth

Bacteria grow inside blocked pores and cause infection, leading to red and pus-filled pimples.

### 4- Hormonal Changes

Hormonal changes during puberty, menstruation, pregnancy, or stress can trigger acne.

### 5- Genetic Factors

If parents had acne, there is a higher chance their children may also develop acne.

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6.

## Wrong Skincare or Cosmetics

Using oily creams, heavy makeup, or wrong products can clog pores and worsen acne.

7.

## Diet and Lifestyle

Excess junk food, oily food, high sugar intake, and stress may aggravate acne in some people.

8.

## Touching or Squeezing Pimples

Frequent touching or squeezing can spread infection and cause scars.

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## **Types of Acne (Based on Lesions)**

Acne can appear in different forms:

**Comedones (Non-inflammatory)**

**Blackheads (Open comedones)**

**Whiteheads (Closed comedones)**

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## **Types of Acne (Based on Lesions)**

### **Papules**

Small, red, raised bumps without pus

### **Pustules**

Pimples filled with pus

### **Nodules**

Large, painful, deep-seated lesions

### **Cysts**

Severe, pus-filled, deep lesions that may lead to scarring

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## **Grades of Acne (Severity Classification)**

### **Grade 1 (Mild)**

Mostly blackheads and whiteheads

Few small pimples

No scarring

### **Grade 2 (Moderate)**

Papules and pustules present

Mild inflammation

May leave marks

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## **Grades of Acne (Severity Classification)**

### **Grade 3 (Moderately Severe)**

More number of papules and pustules

Some nodules may appear

Higher risk of scars

### **Grade 4 (Severe)**

Large nodules and cysts

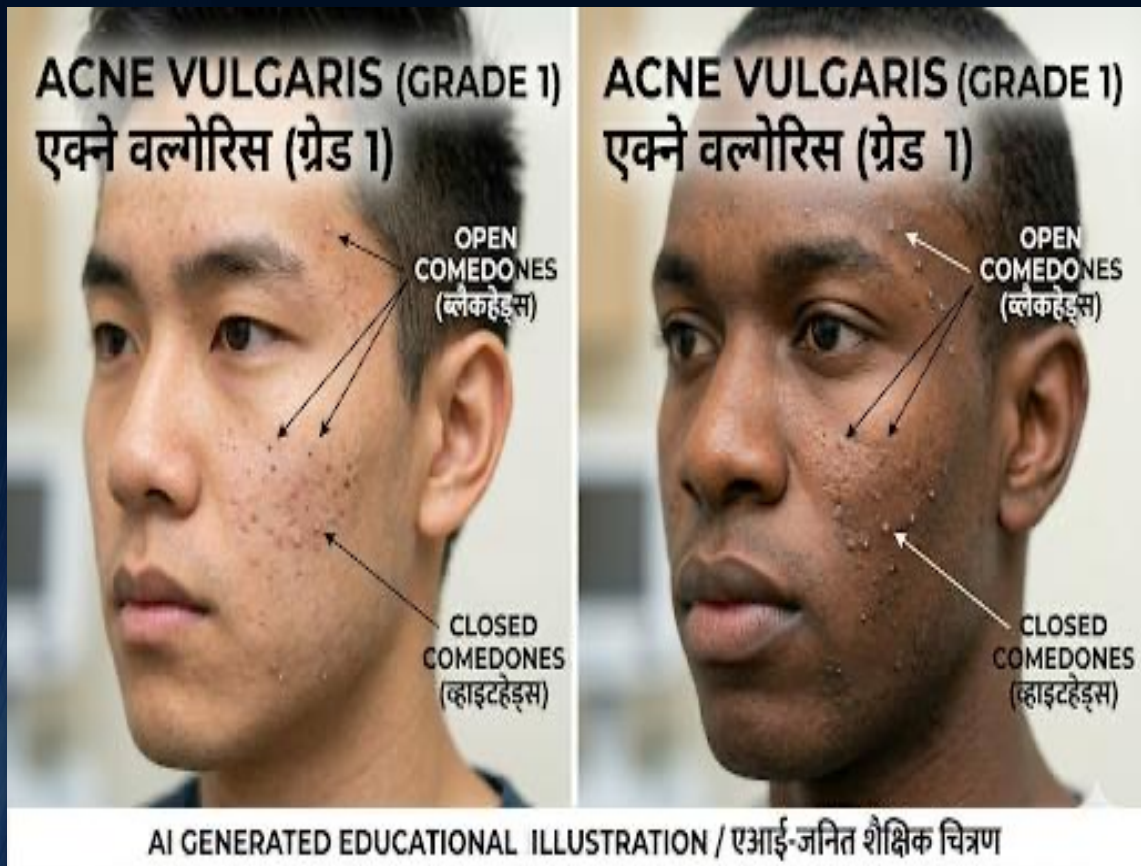
Painful lesions

High chance of permanent scarring

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## Acne Grade - 1



# Acne ( Pimple )

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## Acne Grade - 2



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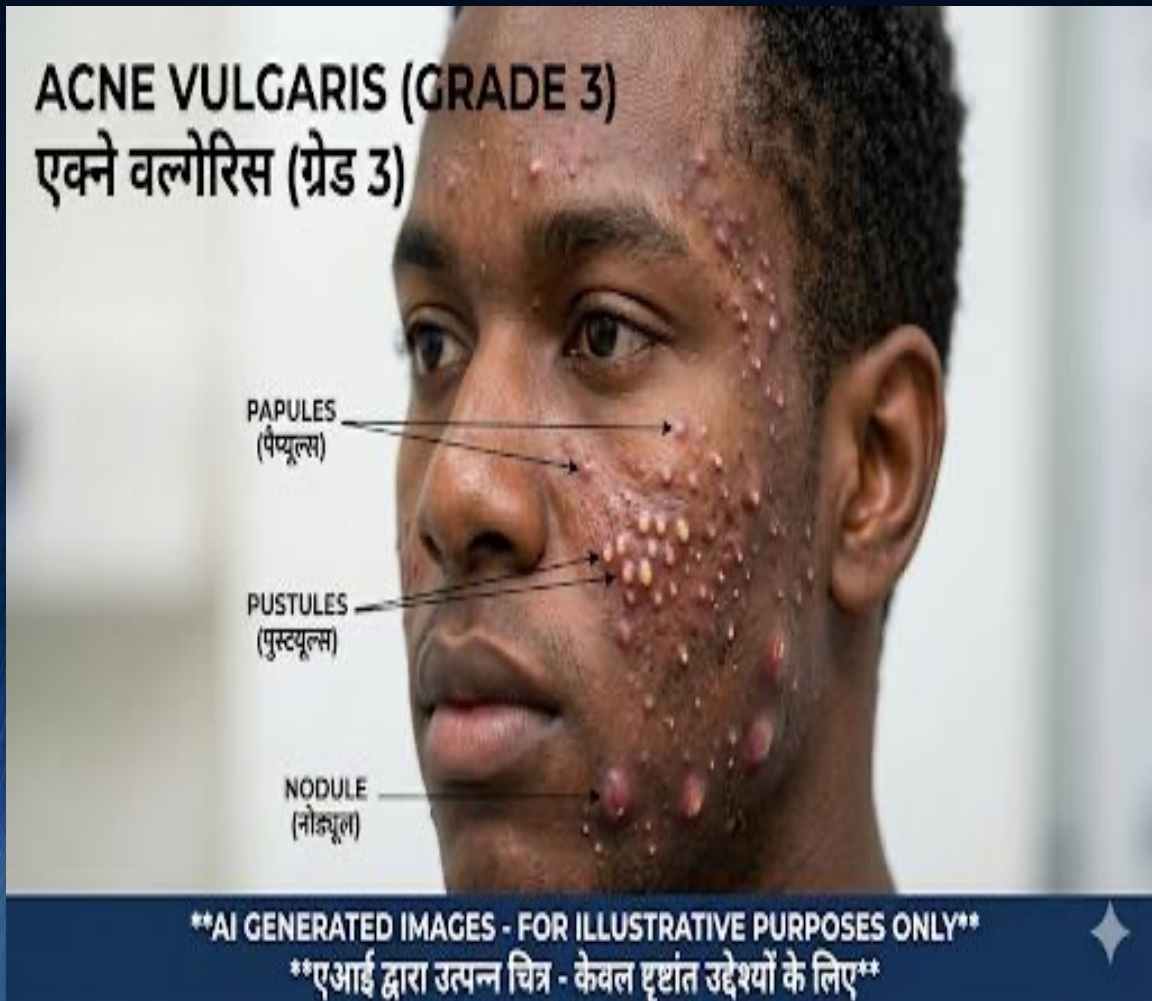
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## Acne Grade - 3



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## Acne Grade - 4



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## Acne on the Chest



# Acne ( Pimple )

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## Acne on the Shoulder



# Acne ( Pimple )

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## Acne on the Back



# Acne ( Pimple )

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## Acne in the arm



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## NODULOCYSTIC ACNE



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## Nodulocystic Acne

In this type of acne, 3–4 lesions may unite to form a larger lesion. It is very difficult to treat and usually leaves a scar.



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## TREATMENT OF ACNE

### 1.Non-Drug Therapy

### 2.Drug Therapy

### 3.Adjuvent Therapy

3A. Intralesional Steroids

3B. Acne Surgery

3C. Laser

### 4. Treatment of Scar-

a .Microdermabrator

b. Dermaroller

c. Filler

d. Dermabrasion

e. Laser

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The treatment of acne is not the same for everyone. It depends on several important factors:

**1.**

## **Type of Acne**

Different types (blackheads, pustules, nodules, cysts) require different treatments.

**2.**

## **Severity (Grade) of Acne**

Mild acne may need only creams, while severe acne may require oral medicines or procedures.

**3.**

## **Skin Type**

Oily skin → oil control treatment

Dry/sensitive skin → gentle treatment

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4.

**Skin Color**

Darker skin types may have a higher risk of pigmentation (marks), so treatment is chosen carefully.

5.

**Age and Hormonal Status**

Teenagers, adults, and women with hormonal issues may need different approaches.

6.

**Duration of Acne**

Long-standing acne may be more difficult to treat and may require longer treatment.

## **7. Presence of Scars or Marks**

If scars or pigmentation are present, additional treatments may be needed.

## **8. Lifestyle Factors**

Diet, stress, sleep, and hygiene can influence treatment results.

## **9. Previous Treatment History**

Response to past treatments helps in deciding the current plan.

## **10. Patient Compliance**

Regular use of medicines as advised is very important for good results.

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## Do's and Don'ts for Acne



### Do's (What you should do)

Wash your face **2 times daily** with a gentle face wash

Keep your skin **clean and oil-free**

Use **non-comedogenic (non-pore clogging)** products

Apply medicines as **prescribed by your doctor**

Drink plenty of **water**

Maintain a **healthy diet** (more fruits & vegetables)

Keep hair **clean and away from face**

Use a **clean towel and pillow cover**

Manage **stress and sleep properly**

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## Don'ts (What you should avoid)

Do not squeeze or pick pimples (can cause scars)

Avoid frequent face washing (more than 2–3 times)

Do not use harsh soaps or scrubs

Avoid oily creams and heavy makeup

Do not try random home remedies without advice

Avoid junk food, excess oily and sugary food

Do not stop treatment too early

Avoid touching your face again and again

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## **Treatment of Acne (Easy for Common People)**

Acne can be effectively controlled with proper care and the right treatment plan. The approach depends on the type and severity of acne.

### **1. Regular Skin Cleansing**

Washing the face gently twice daily helps remove excess oil, dirt, and impurities, keeping pores clean.

### **2. Use of Suitable Face Wash**

Choosing the right face wash according to your skin type (oily, dry, or sensitive) is very important.

### **3. Topical Applications**

Creams or gels applied on the skin help reduce oil, control bacteria, and improve skin texture.

### **4. Oral Treatment (if needed)**

In moderate to severe cases, doctors may advise internal treatment to control acne from within.

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## Treatment of Acne (Easy for Common People)

### 5. Lifestyle Improvement

Healthy diet, proper sleep, and stress control play an important role in managing acne.

### 6. Avoid Picking or Squeezing

Not touching or squeezing pimples helps prevent worsening and scarring.

### 7. Professional Procedures

In some cases, procedures like cleaning, peeling, or other skin treatments may be advised for better results.

### 8. Regular Follow-Up

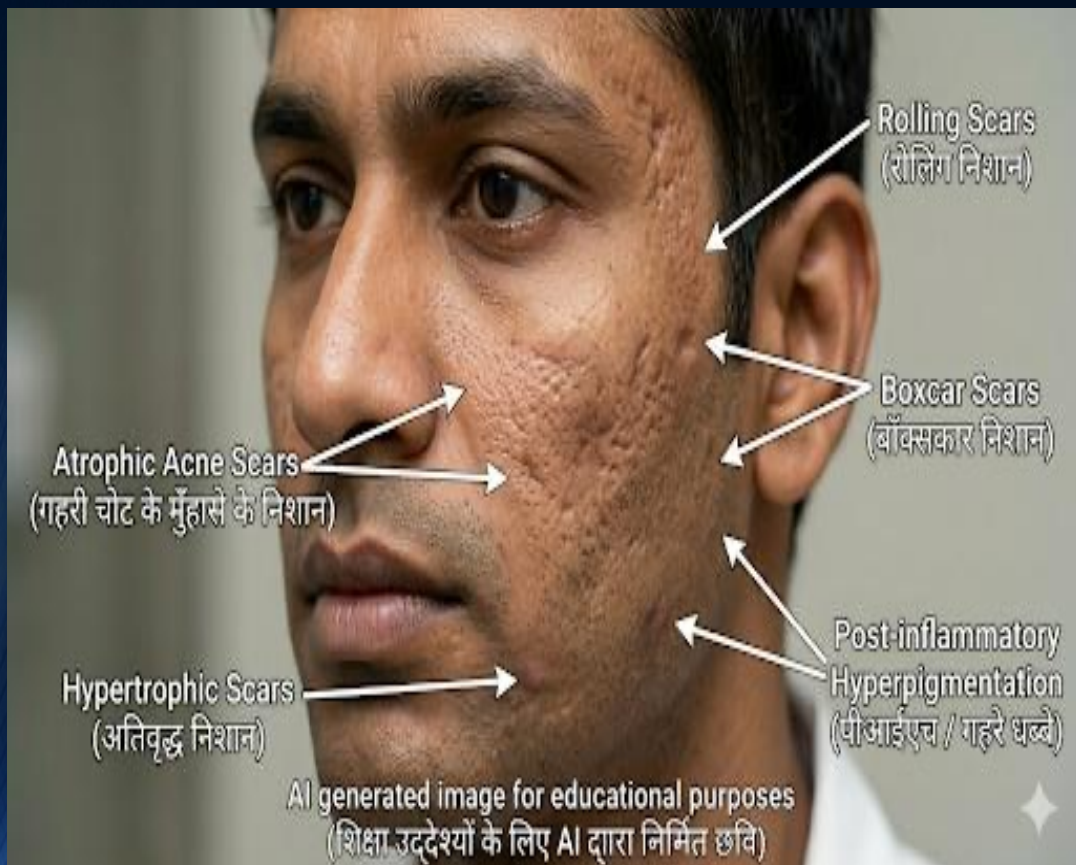
Consistent care and regular follow-up help achieve better and long-lasting results.

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## **Scar of Acne-**

There are many types of scars, such as pitted scars, depressed scars, and boxcar scars, which may vary in size (small or large). Treatment is decided according to the type of skin, skin colour, and the type of scar.



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## Treatment of Acne Scars (Easy for Common People)

Acne scars can be improved with proper treatment. The type of treatment depends on the kind of scar, skin type, and severity.

### 1. Skin Care

Regular use of suitable face wash and skin care products helps improve overall skin quality and prevents worsening.

### 2. Creams and Gels

Certain creams can help reduce marks, improve skin texture, and lighten pigmentation over time.

### 3. Chemical Peeling

A special procedure that removes the upper damaged layer of skin and helps new, smoother skin to appear.

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## Treatment of Acne Scars (Easy for Common People)

### **4. Micro-Needling / Mechanical Treatment**

A procedure that stimulates the skin to repair itself and improves the appearance of scars.

### **5. Laser Treatment**

Laser helps in reducing scars and improving skin texture by promoting collagen formation.

### **6. Dermal Fillers (in selected cases)**

Used to lift depressed scars and make the skin look smoother.

### **7. Combination Treatment**

Often, more than one method is used together for better results.

### **8. Patience is Important**

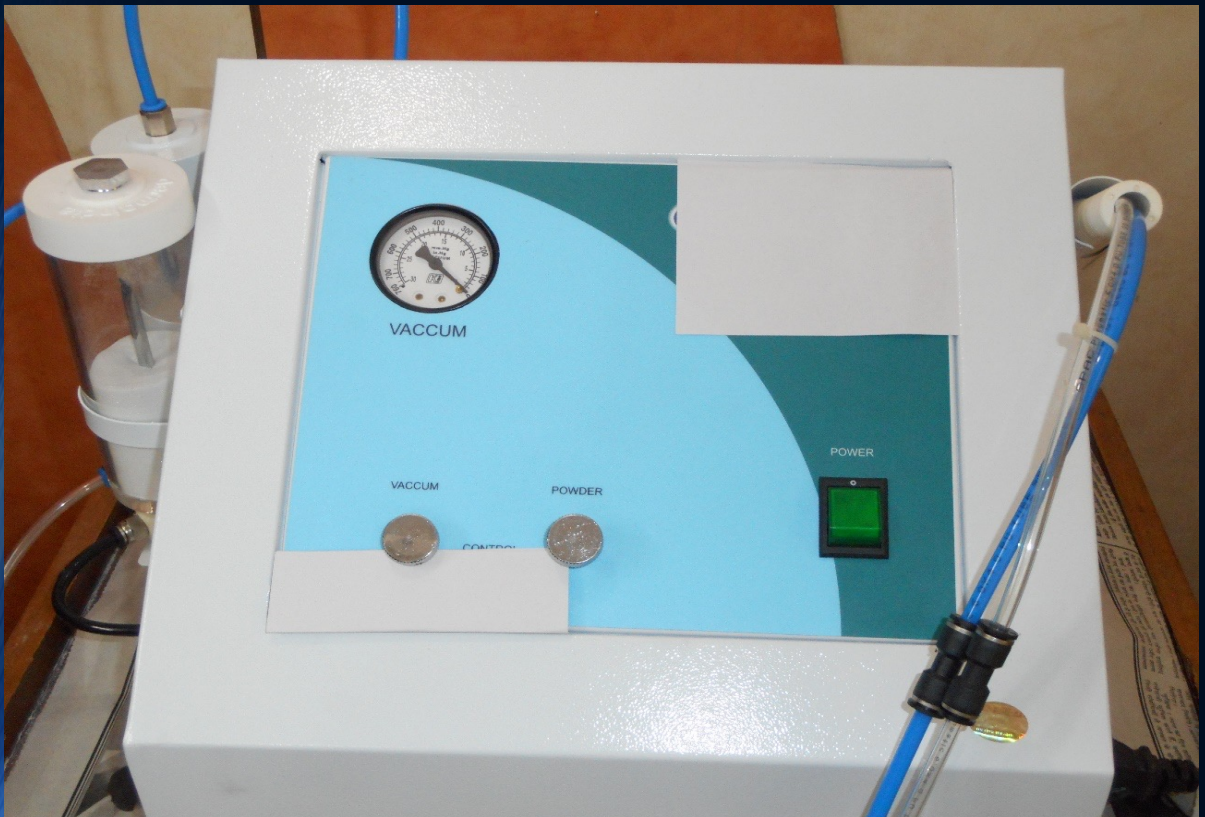
Scar treatment takes time. Multiple sessions may be required for noticeable improvement.

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## MICRODERMABRATOR

This machine is used for the treatment of acne scars. It works through a mechanical process that is generally safe and well-tolerated, with minimal side effects. It can also be used during pregnancy and lactation. For optimal results, multiple sessions are usually required.



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IPL for treatment of Acne



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**Nd :Yag Laser for treatment of Pigmentation**



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**Finally...**

I sincerely express my heartfelt gratitude to everyone who has directly or indirectly contributed to the creation of this ebook. I am especially thankful to modern AI platforms and their creators for supporting knowledge sharing in new ways.

My deepest appreciation goes to my family for their constant support, to Anandi Computer for their assistance, and to all readers like you—whose trust and interest make this effort meaningful.

This work is a small step towards spreading awareness and helping people take better care of their health.

**Thank you for being a part of this journey.**

# **Acne ( Pimple )**

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***THANK YOU***

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