

Could your acne cause scars?

Answer the following 4 questions to find out.¹

Lower risk

Higher risk

1

What was your worst acne ever?

Please select among the photos below which model most closely represents your acne



2

Do any of your parents and/or siblings have acne-induced scars?

No



Yes

3

How long have you had acne?

Less than one year



More than one year

4

How often do you pick or squeeze your acne spots?

Never

Rarely

Sometimes

Frequently

All the time

You are at **lower risk** of developing acne-induced scars

You are at **higher risk** of developing acne-induced scars

If you are at higher risk of developing acne scars, take this questionnaire to your nurse or doctor and talk to them about getting help

How your risk of scarring impacts your acne treatment and management

- Although the likelihood of scarring increases with more severe acne, all patients with acne could be at risk of scarring²
- Prevention is key with acne scarring, so it is important to start effective acne treatment early²
- Your doctor can give you a tailored plan which considers your acne type, severity and risk of scarring to find a treatment suitable for you^{3,4}
- It is important to talk to your doctor about potential side effects of your treatment so you are aware of what to expect⁵
- Some acne medications can lead to a little irritation but this is normal and decreases with time. You should speak to your doctor who can advise you on how to manage this^{6,7}
- Successful management of acne involves choosing the right medications and taking your medicines as directed – not doing this can lead to the treatment working less effectively⁵
- You may be tempted to pick or squeeze your spots, but you should try to avoid this as it can lead to an increased likelihood of scarring⁸

References

1. Tan J, et al. (2017), Development of an atrophic acne scar risk assessment tool. *J Eur Acad Dermatol Venereol*. doi:10.1111/jdv.14325. 2. Tan J, et al. Prevalence and Risk Factors of Acne Scarring Among Patients Consulting Dermatologists in the United States. *J Drugs Dermatol*. 2017 Feb 1;16(2):97–102. 3. Ayer J, et al. Acne: more than skin deep. *Postgrad Med J*. 2006;82:500–506. 4. Fife D. Practical Evaluation and Management of Atrophic Acne Scars: Tips for the General Dermatologist. *J Clin Aesthet Dermatol*. 2011;4(8):50–57. 5. Thiboutot D, et al. New insights into the management of acne: An update from the Global Alliance to Improve Outcomes in Acne Group. *J Am Acad Dermatol*. 2009;60(5 Suppl):S–S50. 6. Millikan LE. The rationale for using a topical retinoid for inflammatory acne. *Am J Clin Dermatol*. 2003;4:75–80. 7. Mukherjee S, et al. Retinoids in the treatment of skin aging: an overview of clinical efficacy and safety. *Clin Interv Aging*. 2006;1:327–348. 8. Werschler WP, et al. Treating Acne Scars: What's New? Consensus from the Experts. *J Clin Aesthet Dermatol*. 2015;8(8 Suppl):S2–S8.