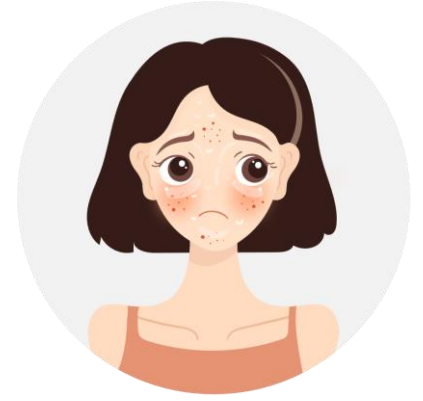


Are you facing Acne problems?

Acne is most common among teenagers, though it affects people of all ages.




88% of teenagers faced acne problems, with half having moderate or severe acne in Singapore.
 Source: Community-based Singapore case study by National Skin Center



What is Acne?



Acne is a skin condition that develops when your hair follicles are blocked by oil and dead skin cells.

It may cause whiteheads , blackheads  or pimples .



Acne scarring



Poor self-esteem and feeling depressed

Acne may lead to these problems

Treatment for Acne

1. Medications to be applied on your skin

- Topical creams or lotion may be applied to the skin to treat mild acne
- Examples include benzoyl peroxide, adapalene and tretinoin
- Some lotions or creams may cause skin irritation. If this occurs, stop using the creams or lotions for a few days.
- Check with a Doctor if the creams or lotions cause excessive redness or irritation.



2. Oral medications

- Oral antibiotics such as doxycycline, erythromycin and minocycline may be used to treat moderate or severe acne.
- If your acne does not recover with topical medications or oral antibiotics, your doctor might prescribe you with isotretinoin.
- It is important to take these medications as instructed by your doctor for best results.



Tips to manage Acne



Wash your face two to three times daily with an anti-acne facial wash.



Avoid wearing heavy make-up. Use non-comedogenic products.



Do not pop, squeeze or scratch the acne



Have at least seven to eight hours of sleep every night and avoid irregular sleep schedules.

HEALTH + advice tips

If you have any existing medical conditions or are currently taking any long-term medications, you may wish to consult our Pharmacist or Doctor for appropriate treatment and advice instead. Click [here](#) to ask our Pharmacist.



Buy Online Now!



TDF
 Metabiotic Facial Wash 100ml

\$39



Cetaphil
 Gentle Skin Cleanser 1 Litre

\$39



QV
 Flare Up Cream 100g

\$16.30



Hiruscar
 Anti Acne Spot Gel 10g

\$19.90

reduce + reuse + recycle

Let's do our part to support the Go Green efforts. Please use a reusable bag for your medications and retail purchases.



Self-collect at NHG Pharmacies
 (Except Ang Mo Kio)



Free delivery with \$150 purchase
 Night delivery available on weekdays, between 7pm and 10.30pm (Minimum order of \$50)