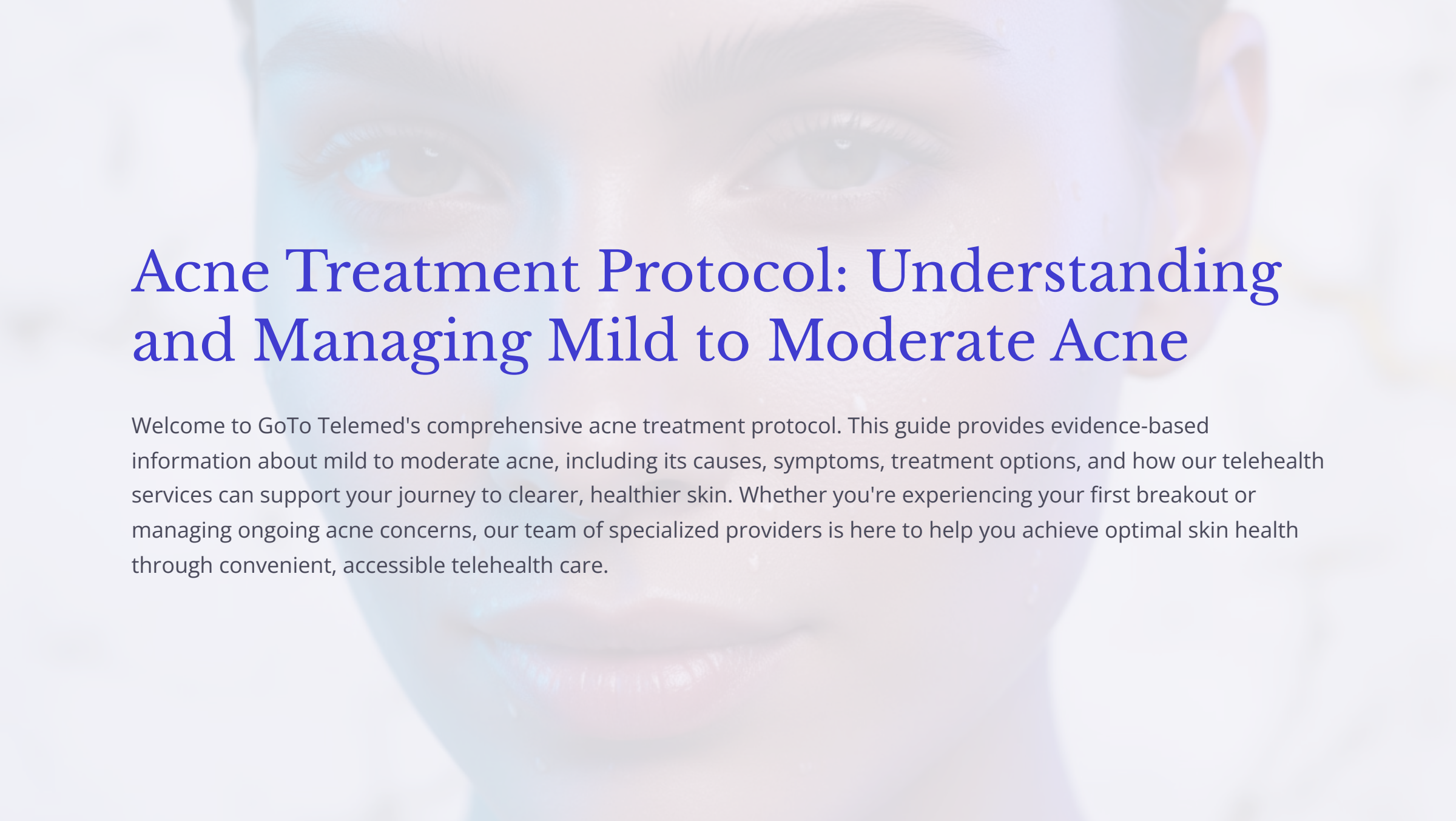




Acne Treatment Protocol: Understanding and Managing Mild to Moderate Acne

Welcome to GoTo Telemed's comprehensive acne treatment protocol. This guide provides evidence-based information about mild to moderate acne, including its causes, symptoms, treatment options, and how our telehealth services can support your journey to clearer, healthier skin. Whether you're experiencing your first breakout or managing ongoing acne concerns, our team of specialized providers is here to help you achieve optimal skin health through convenient, accessible telehealth care.

Understanding Acne: Why It Happens

Anatomical and Physiological Causes

Acne develops when hair follicles beneath your skin become clogged with oil (sebum) and dead skin cells. Your skin contains sebaceous glands that produce sebum to keep skin moisturized. However, when these glands produce excess oil, it combines with dead skin cells to form a plug in the follicle opening. This creates an ideal environment for bacteria called *Propionibacterium acnes* (P. acnes) to multiply, leading to inflammation, redness, and the formation of pimples.

The process involves four primary factors: increased sebum production often triggered by hormonal changes, abnormal shedding of dead skin cells that block pores, bacterial colonization within follicles, and the resulting inflammatory response. Hormones called androgens increase during puberty and can remain elevated during certain life stages, causing sebaceous glands to enlarge and produce more sebum. This is why acne commonly appears during adolescence but can persist or develop in adulthood.

Contributing Factors

- Hormonal fluctuations during puberty, menstruation, pregnancy, or stress
- Genetics and family history of acne
- Certain medications including corticosteroids and lithium
- Diet high in refined carbohydrates or dairy products
- Stress that triggers hormonal changes
- Friction or pressure from items like phones, helmets, or tight collars

Recognizing Acne Symptoms



Minor Symptoms

- Whiteheads (closed plugged pores)
- Blackheads (open plugged pores)
- Small red, tender bumps (papules)
- Occasional pimples with pus at tips (pustules)
- Mild skin oiliness
- Rough skin texture in affected areas



Major Symptoms

- Large, solid, painful lumps beneath skin surface (nodules)
- Painful, pus-filled lumps beneath skin (cystic lesions)
- Widespread breakouts across face, chest, or back
- Persistent inflammation and redness
- Scarring or dark spots (post-inflammatory hyperpigmentation)
- Significant emotional distress or reduced quality of life

Mild acne typically involves fewer than 20 whiteheads or blackheads, fewer than 15 inflamed bumps, or fewer than 30 total lesions. Moderate acne presents with 20-100 whiteheads or blackheads, 15-50 inflamed bumps, or 30-125 total lesions. If you're experiencing any major symptoms or if your acne is affecting your self-esteem and daily activities, it's important to seek professional evaluation and treatment.

Risks of Ignoring Acne



Permanent Scarring

Untreated moderate acne, especially cystic acne, can lead to permanent scarring including ice pick scars (deep, narrow pits), boxcar scars (broad depressions), and rolling scars (wave-like undulations). Once formed, these scars are difficult and expensive to treat, often requiring laser therapy or surgical intervention.



Hyperpigmentation

Post-inflammatory hyperpigmentation (PIH) occurs when acne lesions heal, leaving dark spots that can persist for months or years. This is particularly common in individuals with darker skin tones and can be more distressing than the acne itself.



Psychological Impact

Chronic acne significantly affects mental health, contributing to anxiety, depression, poor self-image, and social withdrawal. Studies show that individuals with acne have higher rates of depression and anxiety compared to those with clear skin, impacting relationships, academic performance, and career opportunities.



Disease Progression

Mild acne can progress to moderate or severe forms if left untreated. Early intervention prevents this escalation and reduces the overall treatment time needed to achieve clear skin.

Benefits of Preventive and Routine Telehealth Visits

Early Detection and Intervention

Regular telehealth visits with GoTo Telemed allow our providers to monitor your skin condition closely and adjust treatments before minor breakouts become major problems. Early intervention prevents scarring and reduces overall treatment duration.

Personalized Treatment Monitoring

Acne treatment requires ongoing adjustments based on your skin's response. Through routine telehealth visits, our specialists can evaluate treatment effectiveness, modify prescriptions, and address side effects promptly, ensuring optimal outcomes.

Convenience and Accessibility

No need to take time off work or school, sit in waiting rooms, or travel to appointments. Access board-certified dermatology specialists from the comfort of your home, fitting quality healthcare into your busy schedule.

Preventive care through regular telehealth visits helps you maintain clear skin long-term, reduces the likelihood of severe breakouts, and provides ongoing education about skin care practices tailored to your unique needs. Our specialists can identify triggers, recommend lifestyle modifications, and provide the continuous support essential for successful acne management.

How GoTo Telemed Helps You Achieve Clear Skin

01

Comprehensive Initial Assessment

Your journey begins with a thorough virtual consultation where our specialists evaluate your acne severity, review your medical history, discuss your concerns, and understand your treatment goals. Using high-quality video technology, we can accurately assess your skin condition remotely.

02

Customized Treatment Plan

Based on your assessment, we develop a personalized treatment protocol that may include prescription medications (topical retinoids, antibiotics, or other therapies), over-the-counter recommendations, skincare routine guidance, and lifestyle modification strategies.

03

Prescription and Quick Medication Delivery

We electronically send prescriptions to your preferred pharmacy or arrange for convenient home delivery, ensuring you start treatment without delay. Our streamlined process eliminates waiting times and unnecessary trips.

04

Ongoing Monitoring and Support

Schedule regular follow-up visits to track progress, adjust treatments as needed, and address any questions or concerns. Our 24/7 availability means you're never alone in your treatment journey—reach out anytime for guidance or urgent concerns.

05

Long-term Maintenance

Once your acne is under control, we provide maintenance plans and preventive strategies to help you maintain clear skin, prevent future breakouts, and build confidence in managing your skin health independently.

Why Choose GoTo Telemed?

Our platform combines cutting-edge telehealth technology with compassionate, expert care. We understand that acne affects more than just your skin—it impacts your confidence and quality of life. That's why we're committed to providing accessible, comprehensive care that fits your lifestyle and budget.

[Book Your Appointment Now](#)

Medical Treatment Guidelines



Topical Treatments

Retinoids: Prescription tretinoin, adapalene, or tazarotene help unclog pores by promoting skin cell turnover and preventing new comedones. Apply once daily at night, starting with lower concentrations to minimize irritation.

Benzoyl Peroxide: Available over-the-counter (2.5-10%), this antibacterial agent kills P. acnes bacteria and reduces inflammation. Can be used once or twice daily, often combined with other treatments.

Topical Antibiotics: Clindamycin or erythromycin reduce bacterial growth and inflammation. Always used in combination with benzoyl peroxide to prevent antibiotic resistance.

Azelaic Acid: Normalizes skin cell turnover, reduces inflammation, and treats hyperpigmentation. Particularly helpful for patients with post-inflammatory darkening.



Oral Medications

Antibiotics: Doxycycline or minocycline (taken for 3-6 months) reduce bacteria and inflammation in moderate acne. Used as a bridge therapy while topical treatments take effect.

Hormonal Therapy: Birth control pills containing estrogen and progesterone help regulate hormones in women with hormonally-driven acne. Spironolactone blocks androgen receptors and reduces oil production.

Isotretinoin: Reserved for severe or treatment-resistant cases, this powerful medication dramatically reduces oil production and is highly effective but requires careful monitoring due to potential side effects.



Proper Skincare Routine

Gentle Cleansing: Wash face twice daily with a mild, non-abrasive cleanser. Avoid harsh scrubbing which can worsen inflammation.

Non-comedogenic Products: Use oil-free, non-comedogenic moisturizers and sunscreen (SPF 30+) daily, especially when using retinoids or other photosensitizing medications.

Hands Off: Avoid picking, squeezing, or touching acne lesions, which can cause scarring and spread bacteria.

Hair and Makeup: Keep hair clean and off face; use non-comedogenic makeup products and remove completely before bed.

Treatment typically takes 6-12 weeks to show significant improvement. Consistency is crucial—continue treatment even when skin clears to prevent recurrence. Our GoTo Telemed specialists will guide you through each step, adjusting your protocol based on your response and any side effects you experience.

Home Remedies and Holistic Approaches

Evidence-Based Home Remedies

Tea Tree Oil: Diluted tea tree oil (5%) has antimicrobial properties comparable to benzoyl peroxide with fewer side effects. Apply as a spot treatment after diluting with a carrier oil.

Honey and Cinnamon Mask: Mix 2 tablespoons honey with 1 teaspoon cinnamon to create an anti-inflammatory, antibacterial mask. Apply for 10-15 minutes, then rinse with warm water.

Green Tea: Brew green tea, cool it, and apply with cotton ball as a toner. Its antioxidants and anti-inflammatory compounds help reduce sebum production and inflammation. Drinking 2-3 cups daily also provides internal benefits.

Aloe Vera: Pure aloe vera gel soothes inflammation, promotes healing, and moisturizes without clogging pores. Apply directly to affected areas.

Apple Cider Vinegar: Dilute 1 part vinegar with 3 parts water; use as a toner to balance skin pH and provide antibacterial benefits. Start with more dilution if you have sensitive skin.

Dietary Considerations

Anti-Inflammatory Foods: Incorporate omega-3 fatty acids (salmon, walnuts, flaxseeds), colorful vegetables rich in antioxidants, and foods high in zinc (pumpkin seeds, lentils).

Reduce High-Glycemic Foods: Limit refined sugars, white bread, and processed foods that spike insulin and may trigger acne. Choose whole grains, complex carbohydrates, and fiber-rich foods.

Hydration: Drink 8-10 glasses of water daily to help flush toxins and maintain skin hydration.

Consider Dairy Reduction: Some individuals find limiting dairy products, especially skim milk, reduces breakouts. Monitor your individual response.

Probiotics: Fermented foods (yogurt, kefir, sauerkraut) or probiotic supplements may support gut health and reduce inflammation.



Yoga and Breathing Exercises for Acne Management

Stress is a significant trigger for acne breakouts, elevating cortisol levels that increase oil production and inflammation. Incorporating yoga and breathing exercises into your daily routine helps regulate stress hormones, improve circulation, and promote overall skin health through mind-body connection.



Child's Pose (Balasana)

A gentle resting pose that calms the nervous system and reduces stress. Kneel, sit back on heels, fold forward with arms extended. Hold 1-3 minutes while breathing deeply.



Standing Forward Bend (Uttanasana)

Increases blood flow to face, delivering oxygen and nutrients to skin cells. Stand, hinge at hips, fold forward. Hold 30-60 seconds.



Shoulder Stand (Sarvangasana)

Improves circulation and lymphatic drainage. Lie on back, lift legs overhead. Hold 1-5 minutes with proper neck support.



Seated Spinal Twist (Ardha Matsyendrasana)

Aids detoxification and improves digestion. Sit with legs extended, cross one leg over, twist toward bent knee. Hold 30 seconds each side.

Breathing Techniques (Pranayama)

Alternate Nostril Breathing (Nadi Shodhana)

Balances hormones and calms the mind. Close right nostril, inhale through left. Close left, exhale through right. Continue alternating for 5-10 minutes daily. This practice reduces stress and promotes hormonal balance.

Deep Belly Breathing (Diaphragmatic Breathing)

Activates relaxation response and reduces cortisol. Place hand on belly, inhale deeply through nose allowing belly to rise, exhale slowly through mouth. Practice 10 rounds twice daily, especially before bed.

Cooling Breath (Shitali Pranayama)

Reduces internal heat and inflammation. Roll tongue into tube, inhale through tongue, close mouth, exhale through nose. Repeat 10-15 times. Particularly beneficial during warmer months or when experiencing inflammation.

Practice these yoga poses and breathing exercises for 15-30 minutes daily, preferably in the morning or evening. Consistency yields the best results for stress reduction and skin health. Always listen to your body and consult with healthcare providers before starting new exercise routines, especially if you have existing health conditions.

Your Partner in Clear Skin: GoTo Telemed's Telemed One Plan

100% Telehealth Coverage

Comprehensive coverage for all telehealth services across every specialty, ensuring you have access to dermatology experts and any other healthcare provider you need.

Unlimited Specialist Consultations

Connect with board-certified specialists as often as needed without worrying about visit limits or mounting costs—perfect for ongoing acne management.

Zero Out-of-Pocket Costs

No copays, no deductibles, no unexpected bills. Just quality healthcare when you need it, making treatment adherence simple and affordable.



24/7 Availability

Access care anytime, day or night. Whether you experience a sudden breakout or have urgent questions about your treatment, our providers are available around the clock.



Synchronous & Asynchronous Care

Choose live video consultations for real-time interaction or asynchronous messaging for convenient communication that fits your schedule. Both options provide quality care tailored to your preferences.



Quick Medication Delivery

Prescriptions sent electronically to your pharmacy or delivered directly to your door, ensuring you never delay starting or continuing treatment.



Routine Televisits & Unlimited Care

Regular monitoring visits keep your treatment on track, with the flexibility to schedule additional appointments whenever you need guidance, reassurance, or adjustments.

Take the First Step Toward Clear Skin Today

Don't let acne control your life. With GoTo Telemed's expert care, proven treatments, and the comprehensive Telemed One plan, achieving clear, healthy skin has never been more accessible or affordable. Our compassionate specialists understand the physical and emotional impact of acne and are committed to supporting you every step of the way.

[Schedule Your Consultation Now](#)

Connect With Us

Website: www.gototelemed.com

Email: info@gototelemed.com

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Your journey to clear, confident skin starts here. We're ready when you are.