

HAVE SEVERE ACNE?

IT MAY BE TIME TO TRY PRESCRIPTION MEDICATION

Oral medications that contain Isotretinoin may be a consideration for those with severe acne. "For patients who need it, it's an amazing drug, but it shouldn't be taken lightly," says Brooke Jackson, M.D., medical director of The Skin Wellness Center in Chicago.

SOME CAVEATS:

- Take the meds exactly as prescribed by your doctor. Side effects may include dry eyes, dry lips, sensitivity to the sun and an increased triglyceride count.
- Don't get pregnant while on this class of drug.
- Make sure you're under the care of a mental health professional during the typically four-month treatment if you have a history of depression.
- Avoid waxing (and elective surgeries) while taking the medication and up to a year afterward, due to the increased risk of scarring.
- Weigh your options: If oral medication isn't working for you, Jackson says she's getting great results in cystic acne patients who use phytodynamic therapy—a combo of topical medicine and laser treatment.