

EPIDUO

Epiduo is a topical medication for the treatment of acne. It is a combination of two medicines: adapalene (a type of topical retinoid) and benzoyl peroxide (a type of antibiotic that kills acne-causing bacteria). Together, these two medicines have been found to work better than either medicine alone.

Acne is generally a combination of two problems: comedones (whiteheads and blackheads) and inflammation (redness and irritation). Epiduo works on both of these. Adapalene stops inflammation and the accumulation of skin cells that lead to whiteheads and blackheads, while benzoyl peroxide kills acne-causing bacteria on the skin which can lead to zits.

Epiduo can be used in patients who are either new to acne treatment or are not satisfied with the current treatment of their acne. It can be used in people with a few whiteheads and blackheads (mild acne) or people with a lot of zits and bumps (moderate acne).

Epiduo is easy to use, and only needs to be applied once a day. Most patients do not experience any side effects. Potential side effects include: redness, dryness, stinging and burning. Most of the time these problems are mild and the irritation will go away by itself early in the treatment. Also, benzoyl peroxide is known to bleach clothing and pillow covers (if you put it on before bedtime). If any problem occurs that you are worried about, please call the office.

Many people see a noticeable improvement in their skin within one week but it certainly can take many weeks. Please continue with the treatment since it eliminates the current lesions and can prevent new outbreaks.

Sometimes it is necessary to combine Epiduo with other oral or topical medicines to help control acne. I will decide based on your individual situation.

In summary, Epiduo works on acne by reducing all the major components including blackheads, whiteheads, pimples and inflammation. It can also help prevent new acne from forming by clearing clogged pores and reducing acne-causing bacteria.

If you have any questions about this medication, please ask me before you leave the office.