



MIDDLEBORO PEDIATRICS

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USING BENZOYL PEROXIDE TO TREAT ACNE

Most people with mild or moderate acne can keep their acne under control using a medication called Benzoyl Peroxide. Benzoyl Peroxide is present in many over the counter products such as Oxy, Clearasil, etc. It is also available in different strengths such as 2.5%, 5%, or 10%. You cannot go straight to the highest strength Benzoyl Peroxide because it will irritate your skin if you have not been using lower strength products previously. We recommend the following stepwise approach:

Start with 5% strength once a day for 2 weeks, if you do not see enough improvement, then go to 5% strength twice a day for 2 weeks, if you do not see enough improvement, then go to 10% strength once a day for 2 weeks, if you do not see enough improvement, then go to 10% strength twice a day thereafter.

If your skin gets irritated (red or peeling skin) while on step one, you can either drop down to 2.5% strength or apply the 5% strength every other day and slowly work up from there.

If your skin is clear after any of the above steps, then stay at that step.

If your acne is still a significant problem after at least 2 weeks on the last step, then you should schedule a follow-up appointment so we can reevaluate your acne. Often in that situation we will prescribe medication in addition to the Benzoyl Peroxide that you are already using.