

# 粉刺

本手册将帮助您理解为什么人们会长粉刺以及可以采取哪些措施治疗粉刺。

## 造成粉刺的原因是什么？

有很多有关造成粉刺原因的传说。粉刺不是因某些食物引起。荷尔蒙会造成皮肤中毛发周围的小囊（皮脂腺），生成一种油脂性物质，称为皮脂。当毛囊被皮脂、死皮细胞和细菌堵住时，就会导致粉刺。

## 有哪些不同类型的粉刺？

- 黑头粉刺（或开放性粉刺）是皮脂和死细胞压力迫使粉刺头进入皮肤表面而形成。空气接触粉刺头，使之变黑。黑头粉刺不是因污垢造成，无法洗掉或擦掉。
- 白头粉刺（或封闭性粉刺）是粉刺头位于皮肤表层下方而形成。
- 青春痘或脓疱是皮脂和死皮肤产生很大压力而形成。被堵住的物质可能通过毛囊壁渗出，造成红肿和不适。
- 囊肿是位于皮肤下方深层和造成疼痛的肿包。

## 粉刺会形成疤痕吗？

红肿块、脓疱和囊肿可能留下永久性疤痕。用手挑粉刺也可能会导致结疤。有些治疗方法可以帮助减少疤痕。

## 哪些人会长粉刺？

粉刺很常见。大约十分之九的人会在一生中的某个时间长粉刺。粉刺通常在青春期刚开始时出现，此时体内的脂腺开始产生更多的皮脂，但也会更早出现。家族史在哪些人会长粉刺方面会起作用。如果您的父母曾有粉刺，您也可能会有粉刺。

## 哪些因素会使粉刺恶化？

- 压力
- 荷尔蒙变化，尤其是在经期
- 油基化妆品、防晒霜和护发产品
- 用手挤压或挑斑点
- 用力擦皮肤

### 如需了解进一步详情

- 皮肤科  
206-987-2158
- 请向您的孩子的医疗保健提供者洽询
- [seattlechildrens.org](http://seattlechildrens.org)

### 免费口译服务

- 请在医院内向您的护士询问。
- 在医院外，请拨打免费家庭口译专线电话 1-866-583-1527。告诉口译员您需要通话的人的姓名或分机号码。



## 如何治疗粉刺？

有治疗粉刺的不同方法，取决于粉刺的类型和严重程度。以下是一些常用的粉刺治疗方法。所有的粉刺治疗方法都需要较长时间才会有作用。通常需要 6-8 周或更长时间才能有所改善。需要数月时间斑点或黑点才会褪色。在让您的孩子服用任何类型的药物之前，请向您的孩子的医疗保健服务提供者咨询。

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**外用维甲酸** (Topical retinoids) (例如**维生素 A 酸** (Tretinoin)、**全反维生素 A 酸** (Retin-A) 或**达芙文** (Differin))

外用维甲酸涂在皮肤上帮助预防和治疗粉刺，尤其是黑头粉刺和白头粉刺。头两周每隔一天晚上将“豆粒大小”的药膏涂在皮肤上。两周后，如果没有出现红肿或皮肤刺激，每天晚上涂药膏。如果您每隔一天晚上涂药膏出现严重的皮肤红肿或干燥，每隔两天晚上涂一次药膏。这些药会使您的皮肤对阳光更敏感。

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**过氧化苯甲酰** (Benzoyl peroxide)

过氧化苯甲酰有助于预防细菌生长和减少炎症（红肿）。很多非处方药和处方药中含有这种药。过氧化苯甲酰会漂白衣服和毛巾。

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**外用抗生素**

外用抗生素涂在皮肤上。这些药会减少皮肤细菌和炎症。可单独使用或与其他治疗方法合并使用。

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**口服抗生素**

口服抗生素是可减少细菌的口服药。用于治疗有大量红包、脓疱和囊肿的粉刺。最常开的抗生素是多西环素 (Doxycycline)。服这种药时应喝大量的饮料。不要用牛奶或其他含钙饮料服药。多西环素会造成胃部不适。还会使您对阳光十分敏感，因此您必须每天涂防晒霜。

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**避孕药 (口服避孕药)**

避孕药显示可改善粉刺。如果有家族血栓病史，请告诉您的医生。在服用口服避孕药时，不得抽烟，因为这会增加血栓形成的机率。

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**异维甲酸** (Isotretinoin/Accutane)

异维甲酸是一种口服药，用于治疗严重的粉刺。服用前，需要考虑多种可能的副作用。

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### 我还可以对粉刺采取哪些其他措施？

- 不要压出、挤压或挑粉刺。这样会增加出现炎症的机率，并导致结痂，使粉刺恶化。
  - 用温水和温和清洁剂（例如 Neutrogena 清新起泡清洁剂、Cetaphil 日用洁面霜或 Purpose 温性洁肤水）每天轻轻地洗两次脸。如果您是油性皮肤，可以尝试用水杨酸（例如 Neutrogena 无油粉刺洁肤水）洗脸。您的医生也可能建议您使用含过氧化苯甲酰的清洁剂，例如 AcneFree 无油粉刺清洁剂（2.5% 过氧化苯甲酰）或 Neutrogena 透明毛孔清洁剂/面膜（3.5% 过氧化苯甲酰），每天使用一次或两次。
  - 避免使用刺激性强的肥皂，不要用力擦皮肤。不要过于经常洗脸或擦脸，这样会刺激皮肤，使粉刺恶化。
  - 必要时，使用无油、水基润肤霜和化妆品。寻找带有“不含致痘成分”（不会造成粉刺）标签的产品。
  - 油腻的头发、沾满汗水的运动服和装备以及空气传播油脂会使粉刺恶化。应避免含油护发品，例如润发油和定型发胶，不要让头发披在脸上。在运动装备下面穿全棉衣服。
  - 避免过度日晒，不要使用仿晒机或太阳灯。人工日晒不能治疗粉刺，只会暂时遮掩粉刺。日晒和人工日晒会造成皮肤老化和起皱，并可能导致皮肤癌。另外，很多粉刺治疗方法会使您对来自日晒、仿晒机和太阳灯的紫外线更敏感。请穿戴防晒服、帽子、涂防晒霜、并避免晒伤，保护您的皮肤。
  - 定期使用粉刺治疗用药，遵守您的服务提供者的指示。
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# Acne

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This handout will help you understand why people get acne and what can be done to treat it.

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## What causes acne?

There are a number of myths about what causes acne. Acne is not caused by certain foods. Hormones cause the tiny sacs around hairs in our skin (sebaceous glands) to produce an oily substance called sebum. Acne happens when the hair follicle gets plugged with sebum, dead skin cells and germs (bacteria).

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## What are the different types of acne?

- A **blackhead** (or open comedone) is formed when the pressure of the sebum and dead cells forces the plug to the surface of the skin. Air touches the plug, and turns it black. Blackheads are not caused by dirt and cannot be washed or scrubbed away.
  - A **whitehead** (or closed comedone) occurs when the plug remains below the skin surface.
  - A **pimple** or pus bump (pustule) is formed when there is a lot of pressure from the sebum and dead skin. The trapped material gets into the walls of the hair follicle. It causes discomfort and redness or skin color change.
  - A **cyst** is a deep and painful swelling under the skin.
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## Does acne cause scars?

Red bumps, pustules and cysts may leave permanent scars. Picking at acne may lead to scars as well. Some treatments may help reduce scarring.

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## Who gets acne?

Acne is very common. About 9 out of 10 people will have acne at some point in their lives. Acne usually begins soon after the start of puberty, when the oil glands in the body start making more sebum, but can start earlier. Family history plays a role in who gets acne. If your parents had acne, it's possible that you will, too.

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## What makes acne worse?

- Stress
  - Hormonal changes, especially during periods (menstruation)
  - Oil-based makeup, suntan lotion and hair products
  - Squeezing or picking at blemishes
  - Hard scrubbing of the skin
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### To Learn More

- Dermatology  
206-987-2158
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



### How is acne treated?

There are different ways to treat acne, depending on the type of acne and how bad it is. Some common acne treatments are listed below. All acne treatments take time to work. It often takes 6 to 8 weeks or more before you will see an improvement. It may take many months for blemishes or dark spots to fade. Check with your child's healthcare provider before giving your child any type of medicine.

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**Topical retinoids (such as tretinoin, Retin-A or Differin)**

Topical retinoids are applied to the skin and help prevent and treat acne, especially blackheads and whiteheads. Apply a "pea-sized" amount of medicine every other night for the first 2 weeks. After 2 weeks, if there is no redness or irritation, apply the medicine every night. If you have too much redness or dryness when you use the medicine every other night, apply the medicine every 3rd night. These medicines make your skin more sensitive to the sun.

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**Benzoyl peroxide**

Benzoyl peroxide helps prevent the growth of bacteria and reduces inflammation (swelling and redness). It is found in many over-the-counter and prescription acne products. Benzoyl peroxide can bleach clothing and towels.

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**Topical antibiotics**

Topical antibiotics are applied to the skin. They decrease skin bacteria and reduce inflammation. They may be used alone or combined with other treatments.

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**Oral antibiotics**

An oral antibiotic is a medicine taken by mouth that reduces bacteria. It is used for acne with many red bumps, pustules and cysts. The most commonly prescribed antibiotic is doxycycline. This should be taken with plenty of liquid. Do not take it with milk or other liquids containing calcium. Doxycycline can cause an upset stomach. It can also make you very sensitive to the sun, so you must **wear sunscreen daily**.

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**Birth control pills (Oral contraceptives)**

Birth control pills have been shown to improve acne. Tell your doctor if there is a family history of blood clots. **Do not** smoke while taking birth control pills, because this increases your chance of getting blood clots.

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**Isotretinoin (Claravis, Myorisan)**

Isotretinoin is a medicine taken by mouth for the treatment of severe acne. It has many potential side effects to consider before taking.

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### What else can I do about acne?

- **Do not** pop, squeeze or pick at acne. This can make acne worse by increasing inflammation and cause scars.
- Wash your face gently twice a day with warm water and a mild cleanser such as Neutrogena Fresh Foaming Cleanser, Cetaphil Daily Facial Cleanser, or Purpose Gentle Cleansing Wash. If you have oily skin, you can try a wash with salicylic acid such as Neutrogena Oil-Free Acne Wash. Your doctor may also recommend a cleanser with benzoyl peroxide such as AcneFree Oil-free Acne Cleanser (2.5% Benzoyl Peroxide) or Neutrogena Clear Pore Cleanser/Mask (3.5% Benzoyl Peroxide) to use once or twice a day.
- Avoid harsh soaps and scrubs. Do not wash your face too often or scrub your face. This can irritate your skin and make acne worse.
- Use oil-free, water-based skin moisturizers and makeup if needed. Look for products that are labelled “non-comedogenic” (do not cause comedones).
- Oily hair, sweaty sports clothing and equipment, and airborne grease can make your acne worse. Avoid hair care products that contain oil, such as pomades and gels, and keep your hair off your face. Wear cotton clothing under sporting equipment.
- Avoid too much sun exposure and **do not** use tanning booths or sun lamps. Tanning does not treat acne. It simply masks it temporarily. Sun exposure and tanning cause aging and wrinkling of the skin and can lead to skin cancer. Also, many acne treatments make you more sensitive to ultraviolet light from the sun, tanning booths and sun lamps. Protect your skin by wearing sun-protective clothing, hats, and sunscreen. Avoid sunburns.
- Use your acne treatments regularly. Follow your provider’s instructions.