

Checklist for Acne

The student asks the following questions:

- What do the lesions look like?
- Where are the lesions?
- Describe the types of pimples you are having.
Are they mostly whiteheads, blackheads, or are they pus-filled pimples?

- How long have you been experiencing acne?
- Have the pimples changed in character or number since they began?
- What treatments have you tried (determine whether scarring is secondary to "popping the pimples" and what OTC products have been used with consistency)?
- What is your normal skin care (including soap used and any harsh rubbing or scrubbing)?

For female patients, obtain a menstrual history. Acne vulgaris may be associated with hormonal imbalances such as polycystic ovaries.