

# Acne Nodules - How to Treat Them.

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## Treatment of Severe Nodular or Cystic Acne

Acne is a chronic inflammatory disease of the skin. A number of factors influence acne, including overproduction of sebum and keratin, the buildup of bacteria in the skin, and the inflammatory response. The male hormone androgen is also believed to play a role in acne because it affects the production of sebum. Most topical acne treatments focus on reducing sebum, reducing the buildup of dead skin cells, and reducing inflammation.

Cysts or nodules are blockages of the oil glands that have burst open and produced inflammation and pus in the surrounding tissue. These lesions have the potential to produce long-term scarring. These infections are usually deep under the skin and do not rise to the surface. Cystic acne heals extremely slowly because the infection waste is not discharged.

There is a number of different traditional treatments available and widely used.

Benzoyl Peroxide and metronidazole are the most common preparations used in topical treatment. Infection is treated with antibiotics and sometimes corticosteroids.

Many cases of severe nodular acne or cystic acne are treated with isotretinoin, which could be purchased under the product name of Accutane.

Isotretinoin is an oral drug that is usually taken once or twice a day with food for four to five months. The drug works by reducing the size of oil glands so that much less oil is produced and the growth of bacteria is decreased.

Another treatment for severe nodular and cystic acne include intralesional corticosteroid therapy. This involves a relatively painless procedure where each cyst is given an injection of dilute cortisone solution. The injections provide fast relief for the painful inflammations.

All the above described treatment modalities are widely known and more or less effective.

None of them will remove nodules or cysts completely. One exemption maybe related to isotretinoin, but this drug has been known to cause depression, psychosis and, rarely, suicidal ideation, suicide attempts and suicide, cause birth defects in the developing fetus of a pregnant woman and many other serious side effects. The drug should be considered as the last possible option.

Now, I would like to talk about the most effective and absolutely revolutionary treatment for any form of cystic or nodular acne. The treatment is easy, side effect free and can be done without any investment in expensive equipment or technology. Usually 5-6 treatments clear even the worse and most resistant nodules. It can also be used for other, milder form of acne lesions.

The "miracle drug" is injectable collagenase. The strength I use is 2000 U/1 cc. The treatment is very simple, painless and involves direct injections into the cyst or nodule of a few drops of collagenase. After inserting the needle into the nodule(cyst) inject slowly until you see the nodule(cyst) expanding. That would suggest that enough was injected. Any lesion can be treated and treatment can be repeated weekly as long as necessary.

Now, finally we have a perfect and highly cost effective away of dealing with this most common cosmetic problem.

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