

Central Adelaide Dermatology Services

Clinical Information Sheet

Clinical Condition	Acne
Eligibility	Severe nodulocystic acne
Priority	Referral to dermatologists for <ul style="list-style-type: none">• nodulocystic acne, widespread acne,• acne unresponsive to previous treatments• or acne in females over the age of 25. (These groups usually need oral isotretinoin) – Category 3.
Differential Diagnoses	Rosacea, perioral dermatitis, sarcoses barbae, gram negative folliculitis, pitysporum folliculitis,
Information required with referral	<ul style="list-style-type: none">• All topical and systemic treatments prescribed with duration and doses• Any environmental exposures
Investigation required for diagnosis	Swab of pustules if unusual presentation If isotretinoin to be considered, prior blood tests to include fasting lipids, FBC, MBA20 and Beta HCG test (if female of child bearing age) and to be done within 1 week of consultation
Pre-Referral management strategies (include with referral)	Consider tetracyclines at doses of 50-100mg per day if inflammatory Suggest topical retinoid +/- benzoyl peroxide for comedonal acne If female, consider the OCP with added antiandrogens Suggest non-comedogenic facial washes, moisturizers and make-up if females. All treatments must be continued for a minimum of 3 months

For more information

Dermatology Services

Royal Adelaide Hospital, North Terrace Adelaide, Telephone: 08 8222 4000

The Queen Elizabeth Hospital, 28 Woodville Road, Woodville South. Telephone: 08 8222 6000

