

benzoyl peroxide contact therapy

Benzoyl Peroxide Contact Therapy: A Targeted Approach to Acne Treatment

benzoyl peroxide contact therapy has gained significant attention in dermatology as an effective method for managing acne. Unlike traditional continuous application of benzoyl peroxide products, contact therapy involves applying the treatment for a specific, limited time before washing it off. This approach aims to maximize the drug's benefits while minimizing skin irritation, making it a popular option for individuals struggling with sensitive or reactive skin.

Understanding Benzoyl Peroxide Contact Therapy

Benzoyl peroxide (BPO) is a well-established topical treatment known for its antibacterial properties, particularly against *Cutibacterium acnes*, the bacteria contributing to acne breakouts. It also helps to reduce inflammation and promotes the shedding of dead skin cells to prevent clogged pores. However, one common downside of continuous benzoyl peroxide use is skin dryness, peeling, and irritation, which can deter many users from sticking to their skincare regimen.

Enter benzoyl peroxide contact therapy—a method that involves applying BPO for a short amount of time, often ranging from a few minutes up to an hour, and then rinsing it off. This intermittent contact allows the active ingredient to penetrate and exert its therapeutic effects while reducing the risk of side effects usually associated with longer exposure.

How Does Benzoyl Peroxide Contact Therapy Work?

The key to benzoyl peroxide contact therapy lies in controlled exposure. When applied to the skin, benzoyl peroxide breaks down to release oxygen and benzoic acid, creating an environment hostile to acne-causing bacteria. The oxygenation process also reduces anaerobic bacteria populations, which thrive in oxygen-poor environments within clogged pores.

By limiting the application time, contact therapy reduces the chance of irritation and excessive dryness. The skin is still exposed to enough benzoyl peroxide to kill bacteria and encourage skin turnover, but it avoids the prolonged contact that can compromise the skin's natural barrier.

The Science Behind Contact Application

Studies have shown that short contact periods of benzoyl peroxide can be just as effective as overnight applications in reducing acne lesions. The

rationale is that the primary antibacterial and keratolytic effects occur relatively quickly after application. Therefore, prolonged exposure is not always necessary for therapeutic benefits.

This method is particularly useful for patients with sensitive skin or those who experience significant irritation with continuous use. Additionally, contact therapy can be a stepping stone to building tolerance before moving on to longer application times or higher concentrations.

Benefits of Benzoyl Peroxide Contact Therapy

Using benzoyl peroxide contact therapy offers several advantages, especially for individuals new to acne treatments or those with sensitive skin types.

Reduced Skin Irritation

One of the most significant benefits of contact therapy is the lowered risk of redness, peeling, and dryness. Since the skin is exposed only briefly, the natural moisture barrier is less likely to be compromised, which helps maintain skin comfort and hydration.

Effective Acne Control

Despite the shortened application period, benzoyl peroxide contact therapy remains effective at targeting acne-causing bacteria and reducing inflammatory lesions. Many users experience noticeable improvements without the harsh side effects commonly linked to traditional benzoyl peroxide use.

Improved User Compliance

Due to its gentler nature, this therapy encourages consistent use, which is crucial for long-term acne management. When treatments cause discomfort, users are more likely to discontinue them prematurely, thus losing potential benefits.

How to Incorporate Benzoyl Peroxide Contact Therapy Into Your Skincare Routine

Implementing benzoyl peroxide contact therapy correctly can make all the difference in achieving clear skin without unnecessary irritation.

Step-by-Step Guide

1. **Choose the Right Concentration:** Benzoyl peroxide products come in various strengths, typically ranging from 2.5% to 10%. Starting with a lower concentration is advisable, especially for sensitive skin.
2. **Cleanse Your Skin:** Begin with a gentle cleanser to remove dirt and excess oils without stripping moisture.
3. **Apply Benzoyl Peroxide:** Using clean fingers or a cotton pad, apply a thin layer of the benzoyl peroxide product to affected areas.
4. **Set a Timer:** Leave the product on your skin for the recommended contact time, generally between 5 to 30 minutes, depending on your skin's tolerance and product instructions.
5. **Rinse Thoroughly:** Use lukewarm water to wash off the benzoyl peroxide completely, ensuring no residue remains.
6. **Moisturize:** Follow up with a hydrating, non-comedogenic moisturizer to soothe your skin and maintain hydration.

Frequency of Use

For beginners, starting with contact therapy once a day or every other day is ideal. As your skin builds tolerance, you may gradually increase the duration of contact or frequency of application, guided by your dermatologist's advice.

Potential Side Effects and How to Manage Them

While benzoyl peroxide contact therapy reduces the risk of irritation, some users may still experience mild side effects.

Common Reactions

- Temporary redness or warmth
- Mild dryness or flaking
- Slight tingling or stinging sensation

These effects are usually transient and improve as the skin adapts. If irritation persists or worsens, it's important to reduce the contact time or frequency and consult a healthcare professional.

Tips to Minimize Irritation

- Use a gentle, fragrance-free cleanser and moisturizer.
- Avoid combining benzoyl peroxide with other harsh acne treatments like retinoids or exfoliating acids unless advised by a dermatologist.
- Apply sunscreen daily, as benzoyl peroxide can increase skin sensitivity to the sun.

Who Should Consider Benzoyl Peroxide Contact Therapy?

This therapy is particularly suited for:

- Individuals with sensitive or dry skin prone to irritation from traditional benzoyl peroxide use.
- People new to benzoyl peroxide who want to gradually introduce it into their regimen.
- Those experiencing side effects from continuous application methods.
- Patients looking for a more controlled and customizable acne treatment approach.

However, it's always best to discuss with a dermatologist to tailor the treatment to your specific skin type and acne severity.

Complementary Skincare Practices to Enhance Results

In addition to benzoyl peroxide contact therapy, adopting good skincare habits can boost treatment outcomes.

Consistent Cleansing

Regularly cleansing the skin with a mild, non-comedogenic cleanser helps remove excess oils and impurities, supporting the action of benzoyl peroxide.

Moisturizing

Maintaining skin hydration is crucial, especially when using acne treatments known to cause dryness. Choose moisturizers labeled “oil-free” or “non-comedogenic” to prevent further clogging of pores.

Sun Protection

Since benzoyl peroxide can make your skin more vulnerable to UV damage, daily application of a broad-spectrum sunscreen with at least SPF 30 is essential.

Exploring the Future of Benzoyl Peroxide Contact Therapy

Research continues on optimizing benzoyl peroxide use, including varying contact times and combining it with other treatments to enhance efficacy and minimize side effects. Innovations like buffered formulations and delivery systems aim to provide the benefits of benzoyl peroxide contact therapy with even greater skin tolerability.

In the evolving landscape of acne treatment, benzoyl peroxide contact therapy represents a flexible, patient-friendly approach that balances effectiveness with skin comfort. For many, it offers a promising path toward clearer, healthier skin without the frustration of constant irritation.

Frequently Asked Questions

What is benzoyl peroxide contact therapy?

Benzoyl peroxide contact therapy involves applying benzoyl peroxide topically for a short, controlled period to treat acne, minimizing irritation while maximizing effectiveness.

How does benzoyl peroxide contact therapy differ

from regular benzoyl peroxide use?

Unlike regular use where benzoyl peroxide is left on the skin for extended periods, contact therapy involves applying it for a brief time and then washing it off to reduce side effects like dryness and redness.

What are the benefits of benzoyl peroxide contact therapy?

The benefits include reduced skin irritation, lower risk of excessive dryness, and effective acne treatment, making it suitable for sensitive skin types.

How long should benzoyl peroxide be left on the skin during contact therapy?

Typically, benzoyl peroxide is left on the skin for 2 to 10 minutes during contact therapy before being rinsed off, but the exact duration depends on skin tolerance and product instructions.

Is benzoyl peroxide contact therapy effective for severe acne?

Benzoyl peroxide contact therapy can be effective for mild to moderate acne; however, severe acne may require additional treatments or stronger medications as prescribed by a dermatologist.

Can benzoyl peroxide contact therapy cause side effects?

While contact therapy reduces the risk, some users may still experience mild side effects such as temporary redness, peeling, or dryness, which usually improve with continued use.

How often should benzoyl peroxide contact therapy be performed?

Frequency varies, but many dermatologists recommend starting with once daily or every other day applications, gradually increasing based on skin response.

Can benzoyl peroxide contact therapy be combined with other acne treatments?

Yes, it can be combined with other treatments like topical antibiotics or retinoids, but it is important to consult a healthcare provider to avoid irritation or adverse interactions.

Additional Resources

****Benzoyl Peroxide Contact Therapy: A Closer Look at Its Role in Dermatological Treatments****

benzoyl peroxide contact therapy has emerged as a significant option in the management of various skin conditions, particularly acne vulgaris. This therapeutic approach leverages the well-documented antibacterial and keratolytic properties of benzoyl peroxide to target acne-causing bacteria and promote skin renewal. As interest grows in optimizing dermatological treatments, understanding the nuances of benzoyl peroxide contact therapy, including its mechanisms, efficacy, safety profile, and clinical applications, becomes imperative.

Understanding Benzoyl Peroxide Contact Therapy

Benzoyl peroxide (BPO) is a potent topical agent widely recognized for its effectiveness in acne treatment. It functions primarily by releasing free radical oxygen species that exert antibacterial effects against *Cutibacterium acnes* (formerly *Propionibacterium acnes*), a key contributor to the inflammatory process in acne lesions. Additionally, benzoyl peroxide serves as a mild keratolytic agent, facilitating the exfoliation of dead skin cells and preventing follicular plugging.

Contact therapy, in this context, refers to the controlled application of benzoyl peroxide directly onto affected skin areas for a designated period, followed by removal or neutralization. This method contrasts with continuous application regimens and aims to maximize therapeutic benefits while minimizing adverse effects such as irritation or contact dermatitis.

Mechanism of Action in Contact Therapy

The success of benzoyl peroxide contact therapy lies in balancing sufficient exposure to achieve antibacterial activity without provoking excessive skin irritation. The oxidative properties of benzoyl peroxide disrupt bacterial cell walls and reduce microbial colonization, while its mild peeling effect encourages desquamation and skin turnover. By limiting the contact time, the therapy reduces cumulative irritation, making it suitable for patients with sensitive skin or those prone to adverse reactions.

Clinical Applications and Treatment Protocols

Benzoyl peroxide contact therapy has been primarily investigated in acne management but has also found utility in other dermatological disorders characterized by microbial involvement or hyperkeratosis.

Acne Vulgaris

Acne remains one of the most common dermatological conditions worldwide, affecting adolescents and adults alike. Benzoyl peroxide contact therapy targets multiple pathogenic factors in acne, including bacterial proliferation, inflammation, and follicular hyperkeratinization.

Clinical studies have demonstrated that short-contact application of benzoyl peroxide, typically ranging from 5 to 30 minutes, followed by thorough rinsing, can significantly reduce inflammatory and non-inflammatory lesion counts. This method is often integrated into treatment regimens for patients who experience irritation with prolonged use of benzoyl peroxide creams or gels.

Other Dermatological Conditions

Beyond acne, benzoyl peroxide contact therapy has been explored for conditions like folliculitis, rosacea with bacterial involvement, and even certain superficial skin infections. While the evidence in these areas is less robust, the antimicrobial action of benzoyl peroxide suggests potential benefits, especially when used judiciously.

Advantages and Limitations of Benzoyl Peroxide Contact Therapy

Evaluating benzoyl peroxide contact therapy requires considering both its therapeutic advantages and the challenges it presents.

Pros

- **Reduced Irritation:** Limiting contact time reduces the risk of erythema, dryness, and peeling commonly associated with continuous benzoyl peroxide application.
- **Effective Antimicrobial Action:** Even brief exposures can sufficiently reduce *C. acnes* populations, decreasing inflammation.
- **Improved Compliance:** Patients may tolerate contact therapy better, leading to higher adherence and better outcomes.
- **Customizable Protocols:** Contact time can be tailored based on skin sensitivity, allowing personalized treatment plans.

Cons

- **Potential for Incomplete Treatment:** Short contact times may not be adequate for severe cases requiring prolonged exposure.
- **Need for Patient Education:** Accurate timing and rinsing are crucial, and improper application can reduce efficacy.
- **Risk of Photosensitivity:** Benzoyl peroxide can increase skin's sensitivity to ultraviolet light, necessitating sun protection measures.
- **Staining and Bleaching:** The agent can bleach hair and fabrics, which may be inconvenient for users.

Comparative Insights: Contact Therapy vs. Continuous Application

Traditional benzoyl peroxide therapy involves daily or twice-daily application left on the skin until the next cleansing. While effective, this approach often leads to side effects that compromise patient adherence. Contact therapy addresses these issues by restricting exposure time.

Studies comparing both modalities indicate that contact therapy can achieve comparable reductions in lesion count with fewer adverse effects. For example, one randomized trial showed that a 10-minute benzoyl peroxide wash used once daily was as effective as continuous application but with significantly less irritation reported by participants.

However, continuous application may be preferable in cases of moderate to severe acne or when combined with other topical agents such as retinoids or antibiotics. The choice between methods should be individualized, weighing efficacy against tolerability.

Role in Combination Therapies

Benzoyl peroxide contact therapy is often incorporated into combination regimens to enhance outcomes. Its bactericidal effects complement retinoids' comedolytic activity and antibiotics' targeted antimicrobial spectrum. By minimizing irritation, contact therapy can facilitate the concurrent use of multiple topical agents, which is essential in managing resistant or inflammatory acne.

Safety Considerations and Patient Guidance

While benzoyl peroxide is generally safe, contact therapy requires educating patients on correct usage to maximize benefits and avoid complications.

Application Guidelines

- Cleanse the affected area with a mild cleanser before application.
- Apply a thin layer of benzoyl peroxide product and leave it on the skin for the prescribed duration, usually between 5 and 30 minutes.
- Rinse thoroughly with lukewarm water to remove the product.
- Follow with moisturizer to prevent dryness and irritation.
- Use sunscreen daily to protect against photosensitivity.

Monitoring and Managing Adverse Effects

Skin irritation, redness, and peeling remain the most common side effects. If these symptoms occur, patients should reduce the contact time or frequency of application. In rare cases, allergic contact dermatitis may develop, necessitating discontinuation and consultation with a dermatologist.

Emerging Research and Future Directions

Ongoing studies aim to refine benzoyl peroxide contact therapy by optimizing concentrations, contact durations, and formulations to enhance efficacy and safety. Innovations such as encapsulated benzoyl peroxide and combination products with anti-inflammatory agents are under investigation to further reduce irritation while maintaining antimicrobial potency.

Moreover, exploring the role of contact therapy in other dermatological contexts, including resistant folliculitis and post-procedural skin care, may expand its therapeutic utility.

Benzoyl peroxide contact therapy represents a nuanced approach that balances potency with tolerability. As dermatologists continue to seek customizable and patient-friendly options, this method offers a promising pathway for effective acne management and beyond.

Benzoyl Peroxide Contact Therapy

benzoyl peroxide contact therapy: Evidence-Based Dermatology Hywel Williams, Michael Bigby, Thomas Diepgen, Andrew Herxheimer, Luigi Naldi, Berthold Rzany, 2009-01-22
Evidence-based Dermatology, Second Edition is a unique book in the field of clinical dermatology. Written and edited by some of the world's leading experts in evidence-based dermatology, it takes a highly evidence-based approach to the treatment of all major and many of the less common skin conditions. The toolbox at the beginning of the book explaining how to critically appraise different studies, along with the comprehensive reviewing and appraisal of evidence in the clinical chapters make this book distinctive in its field as do the treatment recommendations which are based on the discussion of the best available evidence using a question-driven approach and a common structure on dealing with efficacy, drawbacks and implications for clinical practice.

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benzoyl peroxide contact therapy: Comprehensive Dermatologic Drug Therapy Stephen E Wolverton, MD, 2012-11-16 Safely and effectively treat a full range of skin disorders with Comprehensive Dermatologic Drug Therapy, 3rd Edition! This trusted dermatology reference provides concise, complete, up-to-date guidance on today's full spectrum of topical, intralesional, and systemic drugs. Dr. Steven E. Wolverton and a team of leading international experts clearly explain what drugs to use, when to use them, and what to watch out for. Prescribe with confidence thanks to quick-access summaries of indications/contraindications, dosage guidelines, drug interactions, drug monitoring guidelines, adverse effects, and treatment protocols. Assess your knowledge and prepare for certification or recertification with more than 800 review questions and answers throughout the book. Contain costs and meet patient expectations with purchase information provided for major drugs. Quickly evaluate drug options for each disease discussed using a highly detailed, disease-specific index. Discover the best uses for new biologic therapeutics such as ustekinumab and rituximab, as well as newly improved TNF inhibitors. Offer your patients the very latest in cosmetic procedures, including chemical peels, intradermal fillers, and botulinum toxin. Use the safest and most effective drugs possible with new chapters on irritants and allergens in topical therapeutic agents, plus a new, separate chapter on mycophenolate mofetil. Review drugs recently taken off the market by the FDA, and use that knowledge to improve your current dermatologic drug therapy. Access the complete contents online at www.expertconsult.com and perform rapid searches for drug indications, interactions, monitoring guidelines, and much more.

benzoyl peroxide contact therapy: Illustrated Synopsis of Dermatology & Sexually

Transmitted Diseases - E-Book Neena Khanna, 2023-10-09 Illustrated Synopsis of Dermatology & Sexually Transmitted Diseases has been used for almost 2 decades as the standard textbook of Dermatology by UGs. The book through its previous 6 editions has helped the students prepare for their PG entrance exams, with several coaching programs using its images (in a session 'in wit' called Neena Khanna images) to hone the student's 'NEET cracking skills'. But the purpose of this book really goes much beyond that—it is an endeavor to create in the UGs an interest in this extremely versatile subject and clinically make them 'dermatology literate'. Since a third of patients seen by general practitioners or a pediatrician have skin issues, physicians with a basic knowledge of Dermatology will be able to guide their patients better, without succumbing to the temptation of prescribing steroids as 'a panacea for all skin ills'. The book has also been used as a quick reference by dermatology PGs' in infancy of their residency and a keepsake by general physicians and pediatricians.

New to This Edition

- Covers the UG curriculum according to competency-based guidelines enunciated by National Medical Council(NMC) of India, with competencies mapped in the book where they are discussed in an easy-to-understand manner with 'to the point synopsis' and bulleted, well-illustrated text and 'loads' of images.
- Illustrative case studies, based on core competencies mandated by the NMC for UGs.
- Several new high quality clinical images, added to the 'already extremely well illustrated' book, which now has a total of about 940 images including 140 line diagrams and in addition has 150 tables and management flowcharts.
- Latest diagnostic techniques, drugs, lasers and biologicals.
- Recent guidelines in management of sexually transmitted and HIV infection, and leprosy.

Salient Features

- The popular student-friendly format of the previous editions (synopsis, crisp bulleted text peppered with numerous high-quality images, each with a descriptive legend, flowcharts, clues to differential diagnosis and tabulated therapeutic strategies) has been retained.
- Discusses all common and relevant skin diseases.
- Tabulates differential diagnoses of common dermatoses—a feature totally unique to this book.

Online Features

- Complimentary access to full e-book.
- Chapter-based lecture PPTs.
- Chapter-wise Multiple-Choice Questions.

benzoyl peroxide contact therapy: Manual of Dermatologic Therapeutics Kenneth A. Arndt, Jeffrey T. S. Hsu, 2007 Now in its thoroughly revised, updated Seventh Edition, this popular Spiral Manual is a practical, accessible guide to the diagnosis and treatment of skin disorders. The book concisely but thoroughly outlines the pathophysiology, symptoms, clinical findings, assessment, and therapy of each disease and offers detailed guidelines for choosing among therapeutic options. Also included are step-by-step instructions for operative procedures and diagnostic and therapeutic techniques. A complete and up-to-date formulary provides information on medications and other products used in dermatology, including pharmacology, dosage, and packaging. A color atlas section adds to the usefulness of this classic therapeutic text.

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benzoyl peroxide contact therapy: Pathogenesis and Treatment of Acne and Rosacea Christos

C. Zouboulis, Andreas D. Katsambas, Albert M. Kligman, 2014-07-28 This book, written by experts from across the world, provides comprehensive coverage of acne and rosacea, focusing in particular on pathogenesis and treatment but also considering clinical aspects, prognostic factors, and impacts on quality of life. Both standard knowledge and important, clinically relevant insights that have emerged over the past decade are presented with the goal of assisting the reader in understanding these diseases and improving treatment outcome. It is explained how high-level research has recently given rise to a variety of new concepts in etiology and treatment, and emerging trends are also discussed. The book is in a reader-friendly format that highlights core messages with a very practical and clinical focus. Pathogenesis and Treatment of Acne and Rosacea will be an indispensable reference for all physicians who care for patients with acne or rosacea and for scientists working in the field.

benzoyl peroxide contact therapy: *Immunology and Drug Therapy of Allergic Skin Diseases* Carla A.F.M. Bruijnzeel-Koomen, E.F. Knol, 2012-12-06 Allergic skin diseases belong to the most common dermatoses. This book deals with fundamental (in particular immunological aspects) as well as clinical symptoms and therapeutic strategies of the allergic skin diseases. Cells involved in the pathomechanisms of allergic skin disease are described in individual chapters. The allergic skin diseases which will be discussed are atopic dermatitis, being the chronic inflammatory skin disease with the highest prevalence, allergic contact dermatitis with special focus on contact dermatitis from cosmetics, being the most frequent cause of contact dermatitis and occupational contact dermatitis. The broad ethiology of urticaria and the value of several therapeutic strategies will be explained. The chapter on drug allergy will deal with the variety of symptoms and the difficulties concerning in vitro and in vivo diagnosis. The book is of great interest to clinicians working in the field of dermatology, allergology, pediatrics and even general practitioners...

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benzoyl peroxide contact therapy: *ACNE and ROSACEA* Gerd Plewig, Albert M. Kligman, 2012-12-06 One Picture Is Worth a Thousand Words CONFUCIUS The material on which this account is based derives from observations of several thousand of adolescents with acne. All have been treated; many hundreds have been biopsied and have participated in various tests. These constitute our bona fides. Our plan and intentions are as follows: Firstly, we have sought to create a portfolio of still-life pictures of the gross and microscopic anatomy of acne. This will be a photographic record of what acne looks like, of its usual and unusual features, its arch typical as well as of its recondite visages. Secondly, we wish to create a moving picture of acne rather than an atlas. We hope the reader will have the feeling of being in a theater watching an unusual drama. Since anatomy can only come to life when animated by physiology, a vigorous attempt has been made to collate function with structure. It is the eye that observes but it is the mind that sees.

Finally, this book is intended for those who wish to understand and treat acne more effectively. The themes are programmed for the clinician. This book will be chiefly a didactic account and not a detailed report of research. We present ourselves as teachers, not as investigators. We conceive it to be the prime mission of medical research to learn how to identify, prevent, and treat the disease. We shall present our personal therapeutic strategies, the ones we use to treat acne patients.

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benzoyl peroxide contact therapy: Fast Facts: Acne Alison M. Layton, Diane Thiboutot, Vincenzo Bettoli, 2016-01-04 Acne is one of the ten most common diseases worldwide and is the inflammatory skin disease seen most frequently by community physicians and dermatologists. Over the last decade, knowledge of acne pathophysiology and etiologic factors has expanded, resulting in the development of novel treatments that target clinical lesions and improve patient outcomes. However, the vast number of therapeutic options that are now available can pose a challenge to the prescribing clinician selecting the preferred treatment. 'Fast Facts: Acne' is primarily aimed at family practitioners, nurse prescribers, pharmacists and dermatology trainees. This fully updated edition provides a concise overview of the clinical features of acne, reviews available treatments - including their respective modes of action and potential adverse events - and advises on treatment

selection with the implicit goal of minimizing the physical and emotional scarring associated with this challenging disease. It also discusses the use of antibiotics and, given current concerns regarding overprescribing and antibiotic resistance, this highly readable resource is a timely addition to the Fast Facts series. Contents: • Epidemiology • Pathophysiology, etiology and modifying factors • Diagnosis • Psychosocial aspects • Topical therapy • Oral Therapy • Physical treatments for acne and scarring • Acne care pathway • Future trends and areas of need • Acknowledgements and useful resources

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benzoyl peroxide contact therapy: Cosmetics in Dermatology Zoe Diana Draelos, Matthew Michael Draelos, 2025-09-25 Cosmetics for skin, hair, and nails play a vital part in the management and treatment of many dermatological conditions; unfortunately, they may also at times be the cause of some dermatological problems. Dermatologists need to have a working knowledge of over-the-counter products to answer patient questions, make product recommendations to prevent disease recurrence, select products useful in disease maintenance, and enhance appearance. This text bridges the worlds of skin, hair, and nail care formulation, chemistry, ingredients, function, and utility for the physician.

benzoyl peroxide contact therapy: Treatments for Skin of Color E-Book Susan C. Taylor, Raechele C. Gathers, Valerie D. Callender, David A. Rodriguez, Sonia Badreshia-Bansal, 2011-02-08 Written to address conditions specifically associated with ethnic disparities in skin types, *Treatments for Skin of Color*, by Susan C. Taylor, Sonia Badreshia, Valerie D. Callender, Raechele Cochran Gathers and David A. Rodriguez helps you effectively diagnose and treat a wide-range of skin conditions found in non-white patients. Presented in an easy-to-use, templated format, this new reference encompasses medical dermatology and cosmetic procedures and provides you with evidence-based first and second line treatment options. Practical tips and other highlighted considerations minimize the risk of potential pitfalls. A dedicated section examines alternative therapies, some of which have cultural significance and may impact medical outcomes. An abundance of vivid color images and photos provide unmatched visual guidance for accurate diagnosis and treatment. Get information not found in mainstream dermatology references. Essential medical dermatology and cosmetic procedures as well as evidence-based first and second line treatment options provide you with specific information to treat a full range of conditions found in skin of color. Offer your patients the best care and avoid pitfalls. Evidence-based findings and practical tips equip you with the knowledge you need to recommend and discuss the most effective treatment options with your patients. Broaden your understanding of complementary and alternative medicine (CAM) used by your patients. A special section examines the cultural significance and impact on medical outcomes caused by these alternative therapies. Spend less time searching with easy-to-use, templated chapters focused on visual identification and diagnosis of diseases across all skin tones, and recommended treatment options. Make rapid, confident decisions on diagnosis and treatment by comparing your clinical findings to the book's extensive collection of 270 detailed illustrations.

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