

Effective Treatments for Moderate to Severe Acne Vulgaris

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ABSTRACT

Acne Vulgaris is a common skin condition that affects an estimated 650 million people globally. Acne vulgaris comes in different forms, thus, affecting people in various distinctive ways, acne is a visible disease that has been proven to negatively impact the quality of one's life. Effectively, acne treatments are critical in helping against acne and in avoiding later complications, often associated with scarring and psychosocial issues. Hence, this imperative review will discuss the effectiveness of photodynamic therapy, benzoyl peroxide with adapalene, and isotretinoin, all of which contain acne-fighting properties, useful in the prevention of acne formation. This review underlines the critical findings, that benzoyl peroxide coupled with adapalene, successfully helps in reducing acne lesions. Additionally, photodynamic therapy helps to improve inflammatory acne and isotretinoin is successfully effective at treating stubborn and severe acne.