

on their satisfaction with services and shared decision making.

How the recommendations might affect practice

The recommendation aims to standardise what information is provided, and how it is given. No impact on resources is expected.

Full details of the evidence and the committee's discussion are in [evidence review A: information and support](#).

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Skin care advice

[Recommendations 1.2.1 to 1.2.4](#)

Why the committee made the recommendations

Overall, the evidence on skin care products was very limited, but what evidence was available suggested that syndet skin cleansing products used twice daily reduce inflammatory and non-inflammatory acne vulgaris lesion counts. Compared to traditional soap bars, non-alkaline (skin pH neutral or slightly acidic) syndet products are less irritant and do not form a residue layer, so they rinse off easily. Syndet cleansing products have a relatively high free fatty acid content which helps to maintain skin hydration. Although the research was carried out using a syndet bar, many syndets are now available in different formulations such as liquid or foam. The committee agreed that different formulations are probably similarly effective, so it would be reasonable to try the cheapest syndet cleansing product in the first instance. Because of the limited evidence they recommended this as general skin care advice rather than as a treatment.

Although there was some limited evidence on the use of acidic skin cleansers and benzoyl peroxide-based face washes, the committee agreed that this was not sufficient to make a recommendation.

No relevant evidence was identified on the use of other skin care products, such as oil-free and non-comedogenic products or make-up. Based on the committee's knowledge, oil-based and comedogenic products can make acne vulgaris worse because acne is