



Ready to treat your **adult acne**?

If you struggle with adult acne, Teladoc Dermatology can help. Our board-certified dermatologists are available by app or web and will respond to visit requests within two business days.

Simply upload three photos of the affected area and you'll receive a diagnosis and treatment in days, not weeks. In addition to acne, our dermatologists treat skin infections, moles, rosacea, psoriasis, and more. **Here are some tips for getting your acne under control:**

1

Watch what you eat.

Research suggests hormones in dairy products and foods with a high glycemic index may increase acne breakouts.

2

Put stress in check.

Anxiety and stressful situations can trigger the hormone cortisol, which can make skin oilier.

3

Skip the teenage acne treatments.

As our skin ages, we have to treat it with milder products.

Get healthy skin with Teladoc Dermatology

Schedule a visit today

Teladoc.com | Download the app |  

