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Acne excorie

Acne excorie is a term used to describe scratched or picked pimples. It may also be spelled the French way, acné excoriée.

Acne excorie



Most people squeeze or pick some of their spots; in general this is not a good idea because it usually makes the acne look worse. It may become secondarily infected and may also cause scarring. Some individuals excessively pick their spots. When their skin is examined, they have no active acne spots, only scratch marks, sores and [scars](#). All the [inflammatory lesions](#) and [comedones](#) have been removed by picking or squeezing. This appearance is called acne excorie.

Acne excorie is more common in females than males, and can be a sign of stress or depression. Sometimes it is just a bad habit that's hard to break; the acne may not actually be all that severe.

However, acne excorie can be very upsetting and embarrassing.

Treatment

[Acne treatment](#) usually depends on its clinical severity. Acne excorie may need to be more aggressive than is usual; oral [isotretinoin](#) can be particularly effective.

Occasionally patients may also require psychiatric help. Antidepressant medication is sometimes useful.

Related information

On DermNet NZ:

- [Acne and other follicular disorders](#)
- [Psychological effects of acne](#)
- [Compulsive skin picking](#)

On other sites:

- [Grossbart.com](#) - Research-based approaches from a Harvard Med School Psychologist.

Books about skin diseases:

See the [DermNet NZ bookstore](#)

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DermNet does not provide an on-line consultation service.
If you have any concerns with your skin or its treatment, see a [dermatologist](#) for advice.

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