

Birth Control and Acne

If you are using or are going to be using birth control for its intended purpose or otherwise, here's a list of some of the most common options that are low in androgen potency, and therefore less likely to cause or worsen acne and some of the most common birth controls that are high in androgen potency and more likely to wreak havoc on acne-prone skin. Speak with your medical provider to determine the best option for you!

Common low-androgen, high estrogen birth control:

Brevicon	Necon	Tri-Nessa
Demulan	Ortho Tricyclen	Tri-Previferm
Femcon	Ortho-Novum	Tri-Sprintec
Kelnor	Ovcon	Zovia
Modicon	Previferm	
MonoNessa	Sprintec	

It is best to avoid birth control options that are high in androgen and low in estrogen, which are some of the following:

Allesse	Lessina	Norplant
Amethyst	Levora/Levonest	NuvaRing
Apri	Linessa	Ogestrel
Azurette	Loestrin	Ortho Tricyclen Lo
Caziant	Lo-Feminol	Ovral
Cryselle	Lo-Ogestrel	Paragard/Copper IUD*
Cyclessa	Lo-Ovral	Portia
Depo-Provera	Lutera	Reclipsen
Desogen	Marvelon	Seasonale/Seasonique
Emoquette	Microgestin	Sronyx
Estrostep Fe	Mircette	Tricyclen
Implanon	Mirena or Skyla IUD	Triphasil/Trivora
Jolessa	Nexplanon	Yaz
Kariva	Nordette	

*Even though the Paragard/Copper IUD is non-hormonal, research has found that it can negatively impact acne

Disclaimer: I do not encourage using birth control as a means to treat acne – my philosophy is that it is better to use a targeted, topical regimen alongside lifestyle changes without relying on prescription drugs.