



SKIN & BEAUTY CENTER  
Cosmetic, Medical and Surgical Dermatology

DermlA.com

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## Acne – Our Approach

Everybody wants clear, healthy skin! This program has been created for our SBC family of patients to bring successful treatment and continued care to those with any acne condition. SBC's Acne Program will provide ongoing treatment; information and guidance to get clear, acne-free skin you'll love.

Acne is a condition experienced by almost everyone at some point in their life. It most commonly affects teenagers, but also affects many adults. This can cause embarrassment, isolation, depression and long-term psychosocial consequences, as well as physical scarring that can serve as an unfortunate daily reminder of the trauma of living with acne. It's time for a new approach and we are here to help!

There are several reasons people get acne, usually it is a combination of causes so typically it will require more than one type of treatment to control and combat the condition. The 4 components of acne are:

- 1) Increased amounts of sebum (oil) production due to increases in hormones
- 2) Hyperkeratinization from the dead skin cells causing debris, which can lead to clogging of the pores
- 3) Increase in P. acnes bacteria, which can cause inflammation of the skin
- 4) Inflammation: symptoms can include swelling and pus formation as a form of the body's defense mechanism

In cystic acne, the inflammation intensifies to the point where the follicle can rupture underneath the skin and spill the debris into the dermis, causing an extreme case of inflammation, which can sometimes lead to scarring.

### Our Approach to Acne:

The cause of acne is multifactorial so multiple treatment methods are sometimes necessary. A customized skin care program can include: topical treatments, oral medications, Accutane, chemical peels, microdermabrasion, surgical extractions and acne-fighting light treatments.

**1) A good skin care program.** Often the over-the-counter products will strip off the "good" and "bad" oils of the skin, which can cause more problems. When the skin is too dry, the sebaceous glands will overproduce sebum "oil" which can aggravate acne. Using a gentle cleanser and non-comedogenic moisturizer is essential as the first step to treating acne effectively.

**2) Topical Treatment.** If you don't have a lot of inflammatory lesions, topical treatment is generally a good starting point. There are many different types of topicals including topical antibiotics, benzyl peroxide, retinoids, or combination creams, depending on your skin's needs. With any topical treatment, it is important to stick with it for at least 6-8 weeks before deciding if it is going to work or not.

**3) Oral Antibiotics.** These are great for people with inflammatory and cystic acne. We will usually begin topical treatments at the same time, with the hopes of eventually stopping the oral antibiotic and using only topical therapy.

**4) Hormonal Therapy in Females.** Birth control and spironolactone are the more common types of treatments used to control the hormonal surges that causes acne. These can be used alone, or as combination therapy.

**5) Isotretinoin (Accutane).** This is used in the most severe forms of acne and when other treatments have failed. Although it does come with some side effects, it is a great option for the patients who really need it.



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### Non-Medication Treatment Options:

- 1) Chemical Peels.** The best types of peels for acne or acne scarring are salicylic and glycolic acid peels, in varying strengths. We usually start with a milder peel and gradually increase the strength and/or length of time the peel is left in place. You can expect mild redness and might have a slight to moderate amount of skin peeling for a few days after the peel.
- 2) Microdermabrasion.** This is a type of exfoliation using crystals to help remove the dead skin that clogs the pores. It is a good idea to have one of these every few weeks until your acne is under control.
- 3) Light Treatment.** This is a great treatment for those with inflammatory acne who do not wish to use hormonal or oral antibiotic treatments. It is a series of painless LED light treatments which can decrease the bacteria count and inflammation of the skin. You must commit to a series of 8 treatments (2 per week) in order to obtain the best results. 85% of our acne patients have shown a reduction and control of acne.
- 4) Photodynamic Therapy (PDT).** This treatment is great for cystic acne, although there is some downtime with this treatment. A medication is applied on the face and is left on the skin for one hour and then activated with a light source. After the treatment, strict precautions against UV exposure must be taken for 48 hours. Patients typically need between 1-3 treatments, spaced 2-6 weeks apart.
- 5) Surgical Extractions & Treatment.** Some patients have skin debris that sits on the skin and occludes pores and obstructs penetration of topical medications. Others have deep-seated acne papules that are somewhat resistant to topical and oral medications. We offer acne treatments to remove the skin debris and improve medication penetration, perform surgical extractions to remove deep seated papules and several other non-medication modalities.

We believe it best to combat acne from different angles. The key to remember is that acne is a long-term condition, meaning it is not going to clear up instantly. You will need to be seen in the office fairly often during the first 3-6 months, while we design a specialized program for your skin and acne type. In order to control your acne in the quickest and most effective way, we recommend following this schedule.

- 1) See your Skin & Beauty Center provider every 4-6 weeks for your treatment plan and customized skin care regimen.
- 2) See our licensed & certified medical esthetician for acne treatments as scheduled in your customized program.
- 3) Once acne is better controlled, visits with your provider will be approximately every 3-6 months, until eventually you will just be coming in once a year to review your progress.
- 4) Once clear of regular acne breakouts you will begin acne scar treatments. Acne scarring can be permanent but can be treated to lessen the visibility of scars. Treatment of scarring may require many different modalities, depending on the skin type and the kind of scarring. Your SBC provider will discuss your treatment options and get you on track towards flawless skin.



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### Adherence to your specific regimen:

Once we've laid out your specific treatment regimen, adherence is of the utmost importance. Remember, it takes time to achieve the best possible results. We ask that you:

- 1) Make all appointments & procedures.
- 2) Use all topical/oral prescription medications AS DIRECTED and until you are told to stop by your provider. Contact us if you need refills.
- 3) Follow instructions on a proper OTC cleansing/moisturizing routine.
- 4) Make-up: Your skin might not clear up unless you limit the amount and use the correct make-up. We recommend using brands that are labeled non-comedogenic, like Clinique and Almay. Use powder (not liquid) foundations and make-ups as they are less likely to occlude your pores.
- 5) Diet: High glycemic diets and skim milk have been associated with acne but other foods are usually not acne-causing. It is important to have a balanced diet. Too much of any food can make your acne flare.

### Skin Care Recommendations:

Skin & Beauty Center is proud to present Piel MD which features our custom-designed line of acne products, both safe and effective for acne-prone skin.

Our Love it or Return it Guarantee gives you 2 weeks to try our products risk-free, and if you don't absolutely love it, return for 100% of your money back, no questions asked (less S&H).