

ACNE

What causes acne?

Hormones cause the oil glands of the skin to produce a fluid called sebum. Also, the skin cells get stuck together and don't slough as quickly as they should. These two occurrences form a plug that blocks your hair follicles (pores). This is how *blackheads* and *whiteheads* are formed. Bacteria grow easily in the follicle when the sebum and skin cells are blocking it. The presence of bacteria within a whitehead or blackhead is what leads to the formation of a *pimple*.

How should I clean my face? Should I use toner? Should I moisturize my face?

The medications we prescribe for acne can cause your face to feel dry and peel. If this occurs, you should use a moisturizing soap and a thicker oil-free moisturizer. Avoid using face washes with high concentrations of glycolic or lactic acid or benzoyl peroxide as they may make your face dry. Benzoyl peroxides can deactivate Vitamin A cream / gel so do not use them if you are using a vitamin A product at night.

Remember, acne is caused by what is happening to your skin from the inside, not the outside. Acne is not caused by dirt on your face. You should wash your face twice a day, more often than that is not necessary.

Using a toner is not necessary. Most toners have alcohol in them which is drying to the face. Rather than using a toner, spritz your face with spring water. Then apply moisturizer or sunscreen while your face is still wet. This allows the moisturizer or sunscreen to glide on smoothly and not feel heavy. This method also locks the moisture against the skin, forcing it to penetrate the skin rather than allowing it to evaporate.

Don't be apprehensive about using a moisturizer. It will not cause you to have acne. If your face is dry, you need to moisturize. Your cleansing and moisturizing techniques should result in supple skin while treating your acne appropriately.

Should I change my diet?

There is no scientific proof that any type of food will make your acne worse. If you notice your acne worsens with a particular food, then you can avoid that food; however, acne occurs in phases so be careful not to jump to conclusions about a specific food.

Can I wear make-up?

Yes. If you wear foundation, use a liquid or loose powder. Purchase one that is "non-acneogenic" or "non-comedogenic". Stay away from the matted, oily foundations.

Treatment

When starting an acne treatment plan, be prepared that your acne could get worse before it gets better. It takes at least 4-6 weeks of proper use before we can determine whether a medication will work. It is essential that you take the medications as prescribed. At your follow-up visits, we will assess the treatment plan and make adjustments as needed.

Medications

Topical and/or oral antibiotics are prescribed for the bacteria that are causing the red bumps. If you are prescribed an oral antibiotic, our goal is to discontinue the oral antibiotic once we have determined the topical treatment plan that keeps your acne controlled. Vitamin A derivatives are prescribed for the blackheads and whiteheads that are the source of the red bumps. SOJÉ® treatments are sometimes recommended for the treatment of acne as well. Accutane is prescribed for severe acne that has not responded to other treatments. Patients using Accutane need to thoroughly understand the side effects of this drug and return monthly to be monitored. Women taking birth control pills may notice an improvement in their acne; occasionally, birth control pills are used specifically for the treatment of acne.

Optional "Cosmetic" Acne Treatments

The following services are optional. They can enhance or accelerate results in conjunction with medical treatment; however, they are **NOT** medically necessary.

200 Cool Springs Boulevard, Franklin, TN 37067 _ (615) 771-SKIN (7546)



Dermatology & Skin Cancer Surgery, P.C.

THE TREATMENTS LISTED BELOW ARE NOT COVERED BY INSURANCE

Acne Extractions/Facial

A special instrument is used to remove the contents of the acne bump (whitehead or blackhead). This treatment will clear out your pores enabling the medications to keep the pores clear. You may have pinpoint scabs at the treated areas which typically resolve over 1-3 days. This treatment is mildly painful. After treatment, a calming solution will be applied to soothe the skin.

SOJÉ©

SOJÉ© is a treatment for acne. The wavelengths used with SOJÉ© treatments help kill the bacteria that cause acne, decrease the size of oil glands and decrease the redness and scarring associated with acne. SOJÉ© treatments are generally performed at four-week intervals and are considered an elective treatment.

Acne patients generally require four to six treatments

SOJÉ© with Levulan (ALA)

Photodynamic acne therapy is a process by which a photosensitizing agent Levulan is applied to your skin. The Levulan is then activated with light/laser treatment. The addition of Levulan to light/laser treatments gives you better results faster. SOJÉ© treatments with Levulan treatments are generally performed at four-week intervals and are considered an elective treatment.

Acne patients generally require three to four treatments

Microdermabrasions

Microdermabrasion facials improve mild acne scarring and acne. It helps to resurface the skin, making acne scars diminish. It is non-wounding to the skin and patients can expect little or no down-time. This convenient procedure has become very popular with patients. It is a thirty minute facial that helps to revitalize the skin.

Acne patients generally require five to eight treatments

Medical Facials

This will exfoliate the outer skin layer clearing out your pores. You may experience slight burning or stinging during the medical facial. This is not significant and is alleviated by the use of a fan. After the medical facial, you may experience some redness. You may experience some flaking or peeling for up to one week after the procedure but this is not common.

Acne patients generally require five- six treatments

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