

Acne Consultation

WHAT IS ACNE?

Acne is an inherited disorder of the pores where dead skin cells shed much faster than normal. Normal pores shed approximately 1 layer of dead skin cells per day inside the pore. Acne-prone pores shed up to 5 layers of dead skin cells per day, causing buildup. This buildup forms a microcomedone, which is where all acne lesions begin. That microcomedone turns into blackheads or whiteheads under the skin; and if bacteria is present, it feeds on the dead skin cells and oil, creating inflamed pimples or pustules, and possibly cysts. This process can take up to **90 days**.

HOW LONG IS THE CLEARING PROCESS?

Because it takes up to 90 days for acne to form, you may still have 90 days of acne that will surface. Our acne products and protocol will keep the new acne from forming that would surface 90 days from now. In most cases, the Face Reality Skincare Program will have your acne under control in about 3 to 6 months, depending on your type of acne. Some types of acne take longer to clear. Your Acne Expert will customize a home care routine that takes at least 5 things into consideration: acne type, skin type, skin color, skin sensitivity and environment. The biggest part of the clearing process is your commitment to applying your home care routine as instructed and following recommended lifestyle where possible.

YOUR COMMITMENT THROUGH THE CLEARING PROCESS

- Use your customized routine of home care products exactly as directed
- Receive treatments and/or check-in with your Acne Expert every 2 weeks
- Follow any recommended adjustments to your home care routine as directed
- Follow lifestyle recommendations where possible, including diet, stress management, and pore-clogging ingredients in skin, hair, and cosmetic products.

Your progress will be closely monitored by your Acne Expert who will make sure you have the best home care routine for your skin and will make adjustments, if necessary, to get your skin healthy and clear in the fastest way possible.

WHAT ARE ADJUSTMENTS TO HOME CARE?

During the first 6 to 8 weeks, your skin is assessed every 2 weeks to see if we can make your routine a bit stronger. We do not want your skin to get used to products, but we also do not want the routine to be so strong that your skin gets dry and irritated. This method will keep your skin on the path to clearing while maintaining optimal skin health. It's important to know that if adjustments are not made, progress may stall. If, for some reason, you cannot make it in for a treatment, contact your Acne Expert to get the next set of instructions for home care adjustment.

TREATMENTS

Very mild corrective peels are used to boost the home care along with extractions of existing acne. If your skin is dry or irritated, we will opt for an enzyme treatment and extractions.

Cost of treatment: _____

Cost of series of 3 treatments: _____

This content is being provided for informational purposes only. This is not meant to be a substitute for professional medical advice, diagnosis or treatment. Face Reality is not offering, recommending, or endorsing any specific dietary guidelines, prescription drug, pharmacy or other information on the site. Face Reality provides no warranty for any information. Please seek medical advice before starting, changing or terminating any medical treatment.

Lifestyle Choices That Can Affect Acne

Below are some lifestyle choices that can have an impact on your skin and your journey towards clear skin.

- **REST AND STRESS**
Get enough rest and reduce your stress. Stress stimulates the adrenal gland which promotes oil production that can lead to clogged pores in the acne-prone individual.
- **FABRIC SOFTENER**
Fabric softeners (liquid or dryer sheets) leave a waxy residue on pillowcases, towels, wash cloths, sheets, and any other fabric comes into direct contact with the skin. This residue can clog pores of acne-prone individuals. You can use anti-static dryer balls to reduce static cling.
- **DETERGENT**
Detergents with fragrance can cause skin irritation. Fragrance-free detergents are a better choice. Remember to check the ingredient list of the detergent you choose and against Face Reality's Pore-Clogging Ingredients handout.
- **PILLOWCASES**
It is good practice to change your pillowcases often. Oil and other products (such as hair care) can leave build up and contribute to clogged pores.
- **WATER SOFTENERS**
There is some evidence that water softeners can lead to acne, especially those containing high amounts of potassium chloride.
- **SWIMMERS**
Swimming pool disinfectants contain iodides and chlorine which can remain in the water, causing skin problems for frequent swimmers. Consider applying a thin layer of petroleum jelly over your sunscreen before you get into the pool.
- **SUN EXPOSURE AND ACNE**
Although sun exposure causes desirable scaling and drying, it also damages the follicle, exacerbates dark spots, and causes skin cancer and premature aging. Always wear sunscreen, even if it's overcast and/or raining.
- **BEWARE OF HAND LOTIONS**
If you are using a pore-clogging (comedogenic) hand lotion then leaning your face on your hands or sleeping on your hands, this could exacerbate your acne.
- **BREAKOUTS AROUND THE MOUTH AREA**
Many lip balms, toothpastes, and even facial tissues have comedogenic ingredients in them. If you see breakouts around your mouth area, one of these products may be the culprit. We recommend petroleum jelly as a lip balm and toothpaste without SLS (sodium lauryl sulfate). Many well-known tissue brands are infused with things like coconut oil, isopropyl myristate, and SLS, all of which will clog the pores.

This content is being provided for informational purposes only. This is not meant to be a substitute for professional medical advice, diagnosis or treatment. Face Reality is not offering, recommending, or endorsing any specific dietary guidelines, prescription drug, pharmacy or other information on the site. Face Reality provides no warranty for any information. Please seek medical advice before starting, changing or terminating any medical treatment.

- **RESIST PICKING OR SQUEEZING**

Rub ice on pustules and pimples for a couple of minutes, twice a day.

IMPORTANT: if you pick, squeeze, and break the skin, that scab will leave a red or dark mark that will be there for months longer than if you left it alone.

- **BIRTH CONTROL AND HORMONE REPLACEMENT**

Forms of birth control that contain low doses of estrogen can be higher in androgen hormones, and that combination may aggravate acne-prone skin. Certain forms of birth control are FDA approved to treat acne. Please speak with your doctor about the birth control method that will be best for you. You should also familiarize yourself with the benefits and risks of any birth control. Please see the **Birth Control And Acne Simplified** handout for more detailed information.

Progesterone hormone replacements may exacerbate acne. If you have Polycystic Ovarian Syndrome, it can cause hormonal changes and breakouts.

- **PRESCRIPTION DRUGS**

Prescription drugs that may exacerbate acne include some topical and oral steroids, anticonvulsants, thyroid medications, fertility drugs, Isoniazid, Imuran, Danazol, Gonadotrophin, Cyclosporin, Disulfiram, and drugs that treat ADD/ADHD.

Other topical prescription drugs that must be discontinued at least 14 days prior to receiving a treatment or starting Face Reality Skincare active products include Azelex, Finacea, Retin-A, Tazorac, Differin, Clindamycin (Cleocin-T), Erythromycin (Erygel), Dapsone (Aczone). This includes any topical treatment from Proactiv or Curology, that is not benzoyl peroxide only.

If you are taking oral Isotretinoin consult your Acne Expert for guidance on how long you must wait after discontinuing use prior to starting treatments and active products.

- **RECREATIONAL DRUGS**

Recreational drugs that may exacerbate acne include marijuana, cocaine, and amphetamines (speed).

- **CHEMICALS**

Coal tars (roofers), grease (mechanics, cooks, waiters), chlorinated industrial chemicals, and dioxin can exacerbate acne.

This content is being provided for informational purposes only. This is not meant to be a substitute for professional medical advice, diagnosis or treatment. Face Reality is not offering, recommending, or endorsing any specific dietary guidelines, prescription drug, pharmacy or other information on the site. Face Reality provides no warranty for any information. Please seek medical advice before starting, changing or terminating any medical treatment.