



# PULL OUT & KEEP GUIDE

# Acne Treatment

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## 🌿 Microdermabrasion

This is a non-invasive facial treatment that uses a sterile, diamond-tipped wand to abraid, or rub off, the top layers of skin. It removes dead skin cells and reveals younger, fresher skin. The skin renewal procedure may be used on the chest, neck, arms and hands.

The treatment seeks to preserve and maintain the skin's appearance, is non-invasive, produces minimal discomfort, requires no topical or local anaesthesia, and involves practically no recovery or downtime.

Microdermabrasion has a range of uses:

- Enhances poor, dull skin texture by gently resurfacing the superficial skin layers
- Softens and modifies fine 'expression' lines typically seen on the forehead and around the mouth
- Polishes and reduces fine, crepey lines on the cheeks generally caused by ageing and sun damage
- Smooths pigment changes or skin discolouration
- Contracts enlarged pores and in the case of acne exfoliates and suction out clogged pores
- Smooths out the margins of acne and burn scars.

The technique is especially beneficial when used as an adjunctive therapy to other skin renewal modalities such as laser or Intense Pulsed Light rejuvenation therapy, Retin-A therapy, glycolic therapies and peels.

Contraindications are: fine skin; those prone to broken capillaries; rosacea; skin cancers; sunburn; very tanned skin and diabetes.

A course of six treatments is recommended, although the skin usually feels smoother and softer after only one session. The duration of each treatment depends on the skin condition, but can take as little as half an hour.

## 🌿 Manual lymphatic drainage (MLD)

MLD is a hands-on, therapeutic method of stimulating the movement of fluid in the body's tissues by gently massaging the lymphatic system. It is a natural way of generally improving the health of the body.

The lymphatic system is the most important component of the immune system and is made up of lymphatic fluid, nodes and capillaries. The lymph produces and carries antibodies that engulf foreign particles, and also functions as a filter by trapping viruses, infections and even cancer cells. If the pathway of the lymph becomes blocked, damaged or severed, fluids can build up in the connective

tissues. If there is damage in the connective tissues, the lymph system transports the damaged cells, inflammatory products and toxins away from the area.

MLD practitioners aim to unblock the flow of lymph and speed up the lymphatic process by moving the lymph around the body at a faster rate. If the transportation process occurs more quickly, the body will recover in a shorter amount of time. Successful MLD depends on the skill of the therapist, who is acting as a virtual lymph system.

Effective MLD dramatically improves postoperative recovery time. It may also minimise scar tissue, bruising, swelling and loss of mobility. MLD can also be used for the treatment of acne, as it helps the body remove toxins, and keeps lymph blockages to a minimum, whilst stimulating the cleansing and healing process.

## 🌿 iClear

The iClear selective photoclearing light therapy device is an effective acne treatment for inflamed lesions. iClear uses high-intensity blue-violet, UV-free light that activates substances called porphyrins. These substances undergo a chemical reaction that produces peroxide and destroys the acne bacteria without causing any damage to the normal skin.

iClear is FDA cleared, and its safety and efficiency has been tested on thousands of patients in clinical trials. It is not painful and there is no risk of burns or pigmentation change, and no unwanted hair removal. The iClear acne treatment course is completed in four to six weeks (eight to 10 treatments) lasting for 30 to 40 minutes each. Results can be seen after five or six treatments. iClear has been shown to significantly decrease inflammatory acne lesions in more than 80 per cent of patients.

## 🌿 Intense Pulsed Light (IPL)

Using broad-spectrum light to heat the target tissue, IPL is an effective treatment for both rosacea and acne. For rosacea, IPL emits pulsed light at the correct wavelength to reduce blood vessels and thereby decreases the red appearance of the skin. IPL may also stimulate the porphyrins associated with acne to produce oxygen.

In addition, IPL is effective at smoothing wrinkles, evening skin tone, removing unwanted hair and correcting



sun damage. IPL technology is fast, has minimal side effects and usually no downtime. About five treatments are usually needed for rosacea and acne, depending on the severity, and these should be three weeks apart. Five treatments usually reduce rosacea by 60 per cent. Treatment can be a little painful, but the good news is that skin results continue to improve after the treatment, as IPL prompts collagen to rebuild and rejuvenate the skin.

## 🌿 Peels

There is an enormous range of peels available and they range from light to deep. Light peels are excellent for resurfacing and retexturising the skin with little or no downtime. Deeper peels can cause severe skin peeling and may require a few days at home. In general, peels help treat skin concerns such as fine lines, hyperpigmentation, roughness, and congestion, and are also suitable for oily and problem skin. Peels are often combined with other facial procedures to optimise the skin's texture.

Specific peels are available to treat acne. Results vary according to age, skin condition, sun damage, smoking, climate and usage of homecare. Depending on the strength of the peel, some degree of discomfort and sensitivity may be experienced during and after treatment. There may also be some inflammation and redness.

The Blueberry Jessner Peel is an acne treatment that dries active pustules, while purging blackheads and whiteheads. This seven-day, chirally corrected peel also reduces fine lines, improves the appearance of mature, changing skin and brightens skin tone, and modifies and lightens epidermal pigmentary disorders. The addition of blueberry helps in controlling the post-inflammatory hyperpigmentation associated with traditional Jessner peels.

The Purity peel is another detoxifying medical-strength peel that fights bacteria and heals and calms acne lesions. It combines a synergistic blend of chirally corrected acids to produce a moderate-depth detoxifying peel treatment. The result is a soothing and exfoliating, and is excellent for all grades of acne and any impure skin conditions. Normally only one peel is necessary. Depending on the severity of the peel, downtime ranges from nothing to several weeks.

- *Face and Body Medical offer a complimentary skin analysis and consultation plus 20 per cent price reduction on IPL TX for the winter months.*



BEFORE



AFTER ClearLight™ acne phototherapy



BEFORE



Two months AFTER acne treatment  
(Courtesy: Dr Borrelli)



BEFORE



AFTER acne treatment (Courtesy: Dr Borrelli)