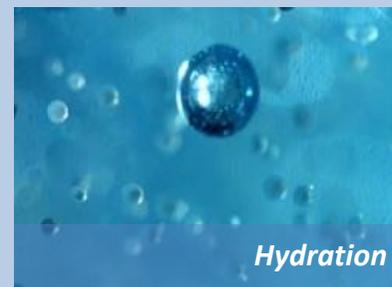


*Exfoliation*



*Sun Protection*



*Hydration*



*Calming*



### WHAT TREATMENTS ARE AVAILABLE?

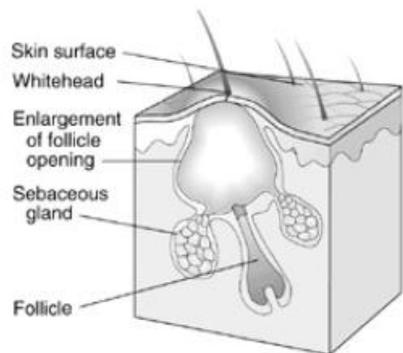
- Deep Pore Cleanses
- Microdermabrasion
- Omnilux Light Therapy
- Non-prescription medications may be helpful. Those that contain 2.5%-5% benzoyl peroxide are recommended. Higher concentrations are available but may be irritating to the skin.
- For severe cases of acne, medications such as topical and/or oral antibiotics, Retin A, benzoyl peroxide, isotretinoin or a combination, may be suggested by your medical provider. These medications help to reduce the inflammation of the acne as well as help to prevent new pimples from forming.
- Birth control pills have been found to be effective in treating acne in clinical trials.



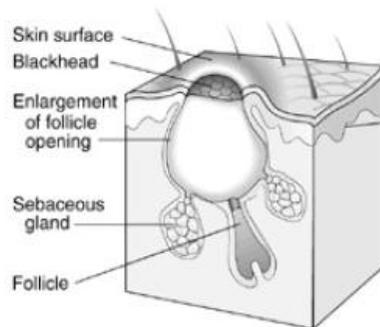
Corner of Fulham Road &  
Nathan Street  
Townsville QLD 4814

PH: (07) 4779 3333  
[admin@skinworx.com.au](mailto:admin@skinworx.com.au)  
[www.skinworx.com.au](http://www.skinworx.com.au)

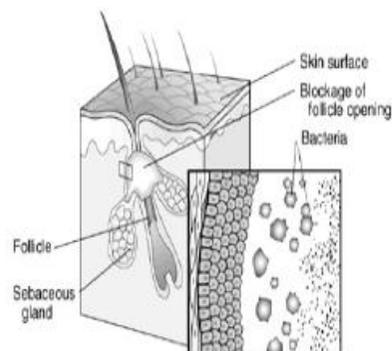
# ACNE TREATMENTS



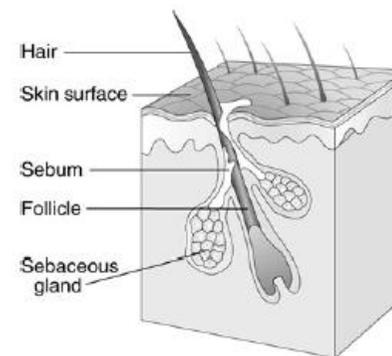
WHITEHEADS



BLACKHEADS



INFLAMMATORY PAPULES



## ABOUT ACNE

Acne is something most of us have experienced at one time or another. As many as three out of four teenagers have experienced it to some extent. It is most prevalent during adolescence because hormonal changes stimulate the sebaceous glands (oil glands) into producing more sebum (oil), increasing the chance of acne. While most people outgrow acne in their late teens or early twenties, many continue to be affected much longer. Aggravation of acne in later life may occur with menstrual periods, use of birth control pills, use of oil-based products and stress.

## WHAT CAUSES ACNE?

Acne occurs when the oil produced by sebaceous glands does not reach the surface of the skin but is trapped in tiny pores or follicles, causing a plug.

## WHAT ARE THE DIFFERENT FORMS OF ACNE?

Human skin normally secretes oil through the sebaceous gland that is connected to a hair-containing canal called a follicle. When the sebaceous gland is unable to effectively release the necessary oils to the skin due to blockage, pores can form blackheads, whiteheads or rupture and develop pimples. Most people have or had all of the different forms of acne. The following is a description of the most common forms.

### WHITEHEADS

When plugged follicles continue to produce sebum and there's no way for it to escape, the follicle swells and makes a bump on the skin surface. This is a whitehead.

### BLACKHEADS

When the sebum forces the plug to the surface of the skin so that the dark tip may be seen, it is called a blackhead. Its dark colour is caused by increased skin pigment. It is not dirt and cannot be scrubbed away.

### PUSTULES

After a pimple is formed, the body reacts as if there was an infection. White blood cells attack the sebum and bacteria causing pus to form. This creates a pustule. Most pustules disappear by themselves in about 10 days

### INFLAMMATORY PAPULES:

When the plug doesn't come to the surface of the skin and dead cells continue to build up, pressure mounts. If the follicle wall bursts, the trapped sebum and bacteria spread into the surrounding tissue and cause redness, swelling and soreness. This is a pimple or papule.