Adult Acne

*Acne knows no age!*

**What drives acne in adults?**

**Think barrier function:**

When the barrier that lines the inside of your pores becomes disrupted, inflammation is triggered. This inflammation causes your sebaceous glands to react and produce abnormal oil and pores become larger. These glands are under the control of your hormones and environment.

**Common Triggers:**

**Acne Grade 2**

Open & closed comedones, greater number of papules & pustules.

Skin will appear bumpy.

**Acne Grade 1**

Open and closed comedones, pustules, and inflammatory papules

<10 lesions on each half of the face

* yeast
* emotional stress
* environment
* physical activity
* skincare ingredients
* inflammation
* hormones

**Aesthetic treatments for Acne:**

**Acne Grade 3**

Erythemic, inflamed skin with open & closed comedones, inflammatory papules & pustules w/ scale

**Acne Grade 4**

Cystic acne, with multiple deep nodules, cysts & scarring with inflammation.

* BBL
* Chemical peels
* Hydrafacial MD
* Skincare

**Acne dos and don’ts:**

1. **DON’T** skip out on protection, **DO** wear a recommended SPF daily.
2. **DON’T** over exfoliate, **DO** follow a professionally recommended exfoliation regimen.
3. **DON’T** skip out on moisturizing, **DO** nourish your skin with the proper moisturizer to promote healing. DRYING YOUR SKIN “OUT” CAN PROLONG YOUR ACNE**/**SCARRING
4. **DON’T** spot treat to “dry out”, **DO** spot treat with an anti-inflammatory.
5. **DON’T** pick, **DO** consult with your Aesthetician for proper treatment to avoid scarring, PIH (post-inflammatory hyperpigmentation), and PIE (post-inflammatory erythema)
6. **DO** change your pillowcase weekly.
7. **DON’T** treat your skin as it was in the past, **DO** treat your skin as it is now! The acne-focused skincare regimen used in the past may not be the best way to treat your skin as it is now. With environmental and hormonal changes taking place as we age, we must focus on the factors and triggers that are current.
8. **DON’T be discouraged, DO love the skin you’re in!** It is possible to clear your skin and manage acne, the journey is ours together!

It is my privilege to work with you in achieving your healthiest skin.

I look forward to visiting with you in the future, let’s *glow* together!

If you should have any questions, please reach out to me via the number listed below or by email Bailie.Muñoz@hotzehwc.com