

## ACNE FACIAL TREATMENT

### Overview:

A superficial peel treatment has been recommended because it will help improve the quality of your skin. We offer a unique, medically-based facial treatment program for our acne patients that consists of an application of a superficially acting acid; either glycolic or salicylic. This application can be combined with the mechanical extraction of closed or plugged pores. This treatment is best suited for patients with irregular skin texture and a number of plugged oil glands presenting as blackheads, whiteheads and congested pores.

Glycolic and salicylic acid work to accelerate the skin's natural exfoliation process, help to improve skin texture and tone, and diminish blackheads and plugged pores. The superficial peel treatments are meant to be used in conjunction with your home skin care program to help advance and improve the results.

### Before Treatment:

- 3 DAYS BEFORE treatment: AVOID topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid, or other “anti-aging”, “acne”, and “bleaching” products. Also AVOID waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Cleanse skin with a mild cleanser (i.e., CeraVe® Foaming Facial Cleanser, or Avene® Clean-Ac Cleansing Cream).
- Avoid excessive sun exposure.
- Wear a broad-spectrum sunscreen daily of SPF 30 or higher (i.e., EltaMD® UV Clear SPF 46).
- Inform your provider if you have a history of Facial and/or Nasal Herpes to receive advice on antiviral therapy prior to treatment.
- Inform your provider if you are pregnant or breastfeeding.

### Day of Treatment:

- Try to arrive to the office with a “clean face”. Please **do not wear makeup**, if possible.

### Immediately After Treatment:

- After your acne treatment, it is normal for skin to appear red and inflamed. Light scabs may form in the treated area and remain for 24 to 48 hours.
- Discontinue use of all topical products for 72 hours following treatment.
- Use a gentle moisturizer as needed (i.e., Avene® Clean-Ac Cream or Avene® Ciclafate Restorative Skin Cream).
- Cleanse skin with a mild cleanser (i.e., CeraVe® Foaming Facial Cleanser, Avene® Clean-Ac Cleansing Cream).
- Do not use heavy makeup for the first day.
- Avoid excessive sun exposure and wear a broad-spectrum sunscreen daily of SPF 30 or higher.

Treatments are normally scheduled 3 to 4 weeks apart and in some cases, 8 to 12 weeks apart. You may not notice a significant difference until after the second or third treatment. Remember to continue your skin care program at home to obtain and maintain the best results.

*Please contact us at 520.795.7729 if you have any questions or concerns.*