

Brilliant Bodywork Acne Clinic

Acne Analysis & Consultation

Acne is definitely a four-letter word for people who suffer with it. It is an inherited disorder of the pores - pores that want to sludge up with dead skin cells much like a clogged drain in your sink. Normal pores shed about one layer of dead skin cells per day inside the pore. The acne-prone pore sheds up to five layers of dead skin cells per day and the body just can't keep up. This forms blackheads or congestion under the skin; and if bacteria are present (which just loves to feed on the dead skin cells and oil), you will get inflamed pimples or pustules.

There are two types of acne (or sometimes a combination of the two). Your esthetician will determine which type you are: (use letter x to mark your choice)

Inflamed Acne <input type="checkbox"/>	Non-inflamed Acne <input type="checkbox"/>
<input type="checkbox"/> Redness/blotchiness	<input type="checkbox"/> Dull sluggish appearance
<input type="checkbox"/> Hot to the touch	<input type="checkbox"/> Bumps/blackheads
<input type="checkbox"/> Pimples/pustules/whiteheads/blackheads	<input type="checkbox"/> Some pimples/pustules
<input type="checkbox"/> Possibility of cysts	<input type="checkbox"/> Excessive oil
<input type="checkbox"/> Excessive oil	<input type="checkbox"/> Tissue congestion
<input type="checkbox"/> Skin is sensitive and reactive to products	<input type="checkbox"/> Skin is generally not sensitive or reactive

Acne is a mysterious disorder, but one thing IS for sure – it can be controlled with the right combination of products used in the correct way. Just as in a clogged drain, the pore must be treated with products that unclog it and kill the acne bacteria. Our skin care system has what you need to do just this.

Our skin care system will have your acne under control in about three to four months depending on your type of acne. It combines the power of pharmaceutical-grade homecare products that are customized for your type of acne and skin with a series of bi-monthly treatments that facilitate the clearing of your skin. You will be taught about other aggravating factors that make you break out – foods, medications, cosmetics, stress, and common ingredients in skin care formulations that might be clogging your pores (even professional and prescription products!).

Your progress will be closely monitored by a Certified Acne Specialist who will make sure you have the best regimen for your skin - making adjustments, if necessary, to get your skin healthy and clear in the fastest way possible.

Reasons Why You May Not Be Clearing or Staying Clear

When your skin is not getting clear in the typical amount of time, we want to become “acne detectives” to discover what may be hindering your progress. There are several areas that we address to find out what the culprit(s) is. Listed below are the most common reasons why clients have difficulty getting clear. Often, simple changes to your product usage and lifestyle habits can dramatically improve your skin.

Product Usage –

You have at least a 90% chance of getting clear if you use your products exactly like we tell you to use them. The products do most of the job of getting your skin clear – we facilitate the process with treatments and extractions.

Here are some reasons you may not be clearing in regards to product usage:

- Are you using your products inconsistently or skipping your routine?
- Do you regularly run out of products?
- Do you check in with us to adjust your routine at two-week intervals?
- Did you change your routine without consulting a Certified Acne Specialist first?
- Are you using non-prescribed products?
- Are you using comedogenic makeup?
- Are you using comedogenic hair care?
- Are you taking the supplements recommended by a Certified Acne Specialist?

Lifestyle Issues –

Here are several lifestyle issues we went over in your consultation that bear repeating. These may be contributing to your chronic breakouts:

- Are you using fabric softener in the washer and/or the dryer?
- Are you consuming dairy/soy products: milk, cheese, yogurt, and/or whey or soy protein shakes?
- Are you consuming sushi, seaweed, iodized salt, spirulina, or chlorella?
- Are you taking vitamins or supplements that may contain iodides?
- Are you taking any medications or drugs or have any medical condition that you haven't yet disclosed to us?
- Do you regularly wear hats, helmets, or shoulder pads?
- Are you under more stress than usual and/or getting enough sleep?
- Are you on birth control pills or other hormonally-based birth control?

We will do everything in our power to help you achieve clear skin, but client cooperation is an essential component of our program. If we are unable to improve the condition of your skin due to factors beyond our control, but within yours, we reserve the right to decline treatments until you address these critical issues. Please take care to resolve the issues checked above before your next appointment so that we can work together to improve the health and clarity of your skin.

Lifestyle Choices That Affect Acne

- **Laundry – Fabric Softener**
Do not use this in the washer and/or the dryer (no dryer sheets). The waxy residue gets on your pillowcases, towels, wash cloths, and sheets that have direct contact with the skin. The residue will clog pores of acne-prone individuals. If you want something to stop static cling in your dryer, you can get anti-static balls at Bed Bath and Beyond, Target, or online.

- **Fragrance Free Detergents** Detergents with fragrance can cause skin irritation. Best to use fragrance-free such as Cheer Free, All Free & Clear, Tide Free, and Arm & Hammer Free.
- **No Water Softeners**
There is some evidence that water softeners can lead to acne, especially those containing high amounts of potassium chloride.
- **For Swimmers**
Swimming pool disinfectants contain iodides and chlorine which can remain in the water, causing skin problems for frequent swimmers. We advise applying a thin layer of Vaseline before you get in 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 as well as premature aging. Always wear your sunscreen, even if it's overcast and/or raining.
- **Beware of Hand Lotions**
If you are using a comedogenic hand lotion and then leaning your face on your hands (many do this in front of the computer) or sleeping on your hands, this could contribute to your acne.
- **Breakouts Around Your Mouth Area?**
Many lip balms, toothpastes, and even facial tissues have comedogenic ingredients in them. So, if you see breakouts around your mouth area, this is possibly why. We recommend Vaseline or Aquaphor for 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.
- **No Picking or Squeezing!**
Instead, 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, making your skin look WAY worse than if you left it alone.
- **Birth Control and Hormone Replacement**
Avoid low estrogen birth control pills. "Lo" dose pills are higher in androgen hormones that can make acne-prone skin worse (see our handout on birth control pills). Norplant, Provera, Depo-Provera shots, most IUDs like Mirena, Skyla and Liletta can be a problem. Also, the Nuvo Ring can cause breakouts. Progesterone hormone replacement Premarin can be problematic. If you have polycystic ovaries, they will cause hormonal changes and breakouts.
- **Recreational and Prescription Drugs**
Recreational drugs – marijuana, cocaine, speed, and steroids used by bodybuilders
Prescription drugs – topical and oral steroids, anticonvulsants, Lithium, thyroid medications, Quinine, Isoniazid, Immuran, Danazol, Gonadotrophin, Cyclosporin, Disulfuram, Phentermine, ADD/ADHD drugs. See handout if you want more information.
- **Chemicals**
Coal tars (roofers), grease (mechanics, cooks, waiters), chlorinated industrial chemicals, dioxin

Drugs That Can Cause & / Or Aggravate Acne

Certain drugs go beyond aggravating acne but actually cause acne in skins which otherwise would not be vulnerable.

Recreational Drugs

- **Marijuana** - aggravates acne because it lowers testosterone levels then raises these levels producing an imbalance in hormones.
- **Cocaine and Speed** - aggravate acne
- **Bromides** – in cold and flu medications can aggravate acne
- **Steroids** -Topical or oral corticosteroids (like Prednisone) are often used to treat asthma and other chronic lung diseases. Like cortisol, a natural steroid produced by the body during times of intense stress, corticosteroids can stimulate sebum production and lead to blemishes. Dexamethasone, prednisolone, betamethasone, cortisone, hydrocortisone, and triamcinolone], and anabolic steroids [danocrine (Danazol) and stanozolol (Stomba)] corticosteroids [prednisone, methyl prednisone can cause acne.

Prescription Drugs

- **Anticonvulsants** - (like Dilantin) are prescribed for the treatment of epilepsy and other kinds of seizures. Most medications in this family list acne as a common side effect.
- **Lithium Carbonate** – used to treat Bipolar Disorder
- **Thyroid preparations** – Some thyroid medications (such as Thiourea and Thioracil) are known to trigger acne. These preparations are used to stimulate the thyroid gland in patients with low thyroid function.
- **Quinine** – prevents and/or treats malaria.
- **INH (Isoniazid)** – used to treat tuberculosis (TB).
- **Imuran** – used to suppress the immune system in patients awaiting an organ transplant.
- **Danazol** – (Danocrine) Hormone management
- **Hormonal medications** - progesterone, androstenedione, testosterone or contraceptive agents like Provera or Depo-Provera) and older oral contraceptives (newer birth control pills such as Ortho Tri-Cyclen and Estrostep can actually improve acne)
- **Gonadotrophin** - may be prescribed in certain pituitary disorders can indirectly induce acne by stimulating testosterone production.
- **Cyclosporine** – this is for post-transplant patients who must take it to prevent organ rejection.
- **Medications containing iodine or bromine** - These medications are much less common today than in earlier years, but some are still in use. In the United States today, it is probably more likely to see acne-like outbreaks resulting from heavy consumption of iodine-containing health foods such as kelp. The iodine-caused lesions can occur at any age, they occur rapidly after the consumptions of large amounts of iodine, they are likely to be widespread on the face and body, and inflammatory pustules are common.
- **Disulfuram** (or Antabuse) – prescribed to help chronic alcoholic patients who want to remain sober.
- **Phentermine** – drug used for weight loss and appetite suppression **ADD or ADHD** drugs have been found to make acne worse.

Chemicals That Can Cause & / Or Aggravate Acne

Various chemicals are potent, and when they come into contact with the skin, aggravate acne.

- **Coal tars** - which a roofer comes into contact with
- **Grease** - an auto mechanic comes into contact with or from frying food that a cook would deal with
- **Chlorinated industrial chemicals** may induce the occupational skin disorder known as choracne.
- **Dioxin** - a chemical found in herbicides, and may cause cancer and other harmful side effects

Lifestyle Choices That Affect Acne

Foods

This is a guideline only—we are not asking you to eliminate foods or food groups completely; we do suggest you cut back and moderate some food types. The “Try to Reduce” group has been proven to be a problem for most acne sufferers. We also know that some people have trigger foods such as citrus, but this is not across the board.

Try to Reduce	Acceptable Substitute
Iodides	
Iodized Salt	Sea Salt, Uniodized Salt, Celtic Salt
Milk (including organic and especially nonfat)	Almond Milk, Coconut Milk, Rice Milk
Cheese	Nut cheese
Whey or Soy Protein Shakes and Protein Bars	Pea Protein, Egg White Powder, Hemp – still check for iodides and biotin before buying (Vega Sport Performance Protein & Perfect Fit are a few safe ones.)
Soy – e.g., tofu, soy milk, tempeh, edamame, soy sauce	
Seafood, Shellfish e.g., cod, scallops	Fresh Water Fish – lake trout, bass, catfish
Spirulina, Chlorella, Blue-Green Algae	
Kelp, Miso Soup, Seaweed, Seaweed Supplements	
Vitamins with iodides, iodine, kelp, potassium iodide (also avoid Biotin and B12)	
Foods High in Androgens	
Peanuts, Peanut Butter	Almond Butter or other nut butters
Peanut Oil, Corn Oil, Canola Oil	Olive Oil, Butter, Coconut Oil
Shellfish	
Organ Meats including patè	

A well-balanced low-glycemic diet can support all aspects of health, including your skin.

Supplements

The following supplements have been found to be useful in aiding your recovery from acne. Your esthetician may make recommendations based on the type of acne you have.

Zinc Monomethionine

This form of zinc is the most bio-available form that acts directly as an anti-inflammatory. Many people with acne have low levels of zinc in their body. Supplementing with zinc has been shown to reduce the severity of cysts and inflamed lesions.

M’lis Salmon Oil

Salmon oil is a great anti-inflammatory and helps to alter sebum production; HOWEVER, only if it’s molecularly distilled or pharmaceutical grade. Unfortunately, many fish oil supplements are oxidized which actually creates more inflammation. Do not take if not buying from your Certified Acne Specialist since we cannot guarantee the source.

M’lis Probiotics

Probiotics are good bacteria that colonize the digestive tract and the skin. They can help people who have been on longterm antibiotics (both oral and topical). These good bacteria compete with the pathogenic bacteria and can help improve the incidence of breakouts. The M’lis Probiotics are Ph balanced to help increase the effectiveness and are freeze dried so they do not need to be stored in a cool environment like most probiotics.

Pore Clogging Ingredients in Skin Care

Do not ever put anything on your skin or your hair without checking the ingredients first, even if it says “Won’t Clog Pores” or “NonComedogenic” on the bottle. No government agency oversees this, so skincare companies can claim their products promote clear skin and have pore cloggers in their ingredient deck. Below is a list of some of the most common ingredients to avoid in skin care, acne care, makeup, and hair products.

Warnings:

- Natural oils can be some of the worst offenders, like cocoa butter and coconut oil which are found in many “organic” skin care lines.
- Other oils such as jojoba, olive, and lanolin are mildly comedogenic and can be a problem if formulated with other comedogenic ingredients.
- Some prescription products like the cream form of Retin-A have pore cloggers. Many over-the-counter acne medications also have pore clogging ingredients.
- “Oil-free” products can be comedogenic.

Makeup:

- Loose powder, mineral make-up tends to be the safest choice, but still should be checked as most contain pore cloggers.
- We do not recommend any pressed or liquid products and should be checked for pore-clogging ingredients before use.
- We recommend the Priia makeup line as all products in this line are guaranteed to be free of pore cloggers. Please ask if you would like a complimentary color match at your appointment.

Ingredient	Ingredient
Acetylated Lanolin	Laminaria Digitata Extract
Acetylated Lanolin Alcohol	Laminaria Saccharina Extract (Laminaria Saccharine)
Algae Extract	Laureth-23
Algin	Laureth-4
Butyl Stearate	Lauric Acid
Carrageenan	Mink Oil
Cetyl Acetate	Myristic Acid
Cetearyl Alcohol + Cetareth 20	Myristyl Lactate
Chondrus Crispus (aka Irish Moss or Carageenan Moss)	Myristyl Myristate
Chlorella	Octyl Palmitate
Coal Tar	Octyl Stearate
Cocoa Butter	Oleth-3
Coconut Alkanes	Oleyl Alcohol
Coconut Butter	PEG 16 Lanolin
Coconut Oil	PEG 200 Dilaurate
Colloidal Sulfur	PEG 8 Stearate
Cotton Awws Oil	PG Monostearate
Cotton Seed Oil	PPG 2 Myristyl Propionate
D & C Red # 17	Plankton
D & C Red # 21	Polyglyceryl-3 Diisostearate
D & C Red # 3	Potassium Chloride
D & C Red # 30	Propylene Glycol Monostearate
D & C Red # 36	Red Algae
Decyl Oleate	Seaweed
Diocetyl Succinate	Sea Whip Extract
Disodium Monooleamido PEG 2- Sulfosuccinate	Shark Liver Oil (Squalene)
Ethoxylated Lanolin	Shea Butter
Ethylhexyl Palmitate	Sodium Laureth Sulfate
Glyceryl Stearate SE	Sodium Lauryl Sulfate
Glyceryl-3 Diisostearate	Solulan 16
Hexadecyl Alcohol	Sorbitan Oleate

Hydrogenated Vegetable Oil	Soybean Oil
Isocetyl Alcohol	Spirulina
Isocetyl Stearate	Steareth 10
Isodecyl Oleate	Stearic Acid Tea
Isopropyl Isostearate	Stearyl Heptanoate
Isopropyl Linolate	Sulfated Castor Oil
Isopropyl Myristate	Sulfated Jojoba Oil
Isopropyl Palmitate	Wheat Germ Glyceride
Isostearyl Isostearate	Wheat Germ Oil
Isostearyl Neopentanoate	Xylene
Kelp	Bismuth

How to Get Clear and Stay Clear

Listed below are the most common reasons why clients have difficulty getting clear or staying. Often, simple changes to your product usage and lifestyle habits can dramatically improve your skin.

You have at least a 90% chance of getting clear and staying clear if you use your products exactly like we tell you to use them. The products do most of the job of getting your skin clear– we facilitate the process with treatments and extractions. Here are some reasons you may not be clearing in regards to product usage:

- **Are you using your products inconsistently or skipping your routine?**
- **Do you regularly run out of products?**
- **Do you check in with us to adjust your routine at two-week intervals?**
- **Do you change your routine without consulting your esthetician first?**
- **Are you using non-prescribed products?**
- **Are you using comedogenic makeup?**
- **Are you using comedogenic hair care?**
- **Are you taking the supplements recommended by your esthetician?**
- **Are you using fabric softener in the washer and/or the dryer?**
- **Are you consuming dairy/soy products: milk, cheese, and/or yogurt?**
- **Are you consuming protein shakes or protein bars made from whey or soy that contain iodine?**
- **Are you consuming sushi, seaweed, iodized salt, spirulina, or chlorella?**
- **Are you consuming high androgen foods like peanuts, peanut butter, shellfish, or organ meat?**
- **Are you taking vitamins or supplements that may contain iodides?**
- **Are you taking any medications or drugs or have any medical condition that you haven't yet disclosed to us?**
- **Do you regularly wear hats, helmets, or shoulder pads?**

- Are you under more stress than usual and/or getting enough sleep?
- Are you on birth control pills or other hormonally-based birth control?

We will do everything in our power to help you achieve clear skin, but client cooperation is an essential component of our program.

Product Recommendations Price List

Product	Size	Price
CLEANSERS		
Ultra-Gentle Cleanser	6 oz.	\$20
Silica Scrub	6 oz.	\$20
Acne Wash	6 oz.	\$22
Acne Scrub	6 oz.	\$23
Mandelic Wash	6 oz.	\$27
Mandelic Scrub	6 oz.	\$28
TONERS		
Salicylic Antiseptic Toner	6 oz.	\$17
Moisture Balance Toner	6 oz.	\$24
Calming Toner	6 oz.	\$20
Glycolic-Lactic Exfoliating Toner	6 oz.	\$21
ACNE MED PRODUCTS		
Acne Med 2.5%	1 oz./2 oz.	\$11/\$18
Acne Med 5%	1 oz./2 oz.	\$11/\$18
Acne Med 10%	1 oz./2 oz.	\$11/\$18
Acne Med 5% w/3% Sulfur	1 oz.	\$13
Acne Med 10% w/3% Sulfur	1 oz.	\$13
SERUMS		
Salicylic Serum	1 oz.	\$24
5% Glycolic Serum	1 oz.	\$26
10% Glycolic Serum	1 oz.	\$28
5% Mandelic Serum	1 oz.	\$34
8% Mandelic Serum	1 oz.	\$36
11% Mandelic Serum	1 oz.	\$38
15% Mandelic Serum	1 oz.	\$40
Vitamin A Corrective Serum	1 oz.	\$38
HYDRATORS		
Hydrabalance	2 oz.	\$22
Hydrating Emulsion	2 oz.	\$22
MOISTURIZERS		

Clearderma	2 oz.	\$22
Cranberry Cream	2 oz.	\$22
SUNSCREENS		
Moisturizing SPF 30	2 oz.	\$22
Daily SPF 30 Lotion	2 oz.	\$24
Ultimate Protection SPF 28	2 oz.	\$24
HAIR CARE		
Total Solution Hair Shampoo	8 oz.	\$13
Total Solution Hair Conditioner	8 oz.	\$12

The Do's and Don'ts of our Acne Clinic System

*DON'T forget your sunscreen in the morning!

✓DO put on your sunscreen every day, even if you aren't leaving the house. Sunscreen protects your skin from pigmentation damage, and is your only moisturizer!

*DON'T stop using Acne Med if you get too dry!

✓DO call us, so we can work together to help with the dryness while keeping your skin clear! Acne Med PREVENTS new pimples from forming, and new ones will form if you skip even one night of using it!

*DON'T use your products if they burn or sting!

✓DO call us, so we can work together with tweaking your regimen, preventing possible burning of the skin!

*DON'T forget that Acne Med bleaches!

✓DO use white towels, pillowcases, sheets & wash your hands with soap after applying it to prevent accidental bleaching!

*DON'T use Acne Wash or Scrub to remove eye makeup!

✓DO use a non-comedogenic eye makeup remover.

*DON'T moisturize or use any creams ON TOP of Acne Med!

✓DO call us so we can tweak your regimen to help with dryness, or give you our water-based Hydrating Emulsion to hydrate without weakening the Acne Med.

*DON'T get comfortable and stop using your products once you are clear!

✓DO remember that consistent usage of your products will KEEP you clear!

*DON'T run out of or sparingly use products!

✓DO call us to have us ship your products. You can get whatever you need in just a few days, for just a few dollars in shipping costs!

*DON'T pick!

✓DO ice! Or, call us for a free-of-charge, quickie extraction at the clinic, between treatments!

*DON'T overuse product!

✓DO call us if you need guidance on how to use your products and make them work more effectively!

*DON'T be scared of extractions!

✓DO bring your iPod to listen to while you get treated, and DO breathe deeply and slowly to relax your body!

*DON'T use cotton balls or pads with your products, except with your toner!

✓DO apply your serums, Acne Med and Vitamin A products with your bare hands to prevent waste!

Acne Treatment & Appointment Guide

As you go through the process of achieving clear skin you will want to come in every two weeks for treatments and for homecare adjustments. Treatments do the following:

1. Exfoliate the skin so that home-care product can penetrate the pore more easily.
2. Hydrate the skin, if needed, so that the skin is receptive to your home-care regimen. The products also tend to dry out the skin somewhat as you are getting used to them.
3. Extract existing acne impactions.
4. Kill acne bacteria inside the pore.

Each treatment has a specific focus for what the skin needs at the time of treatment. Sometimes the skin will need more hydration, other times it will need more anti-bacterial action.

Your esthetician will analyze your skin at the beginning of every treatment to assess which treatment would serve you best.

The other reason for seeing you every two weeks is to assess your home care regimen. There will almost always be changes made to how you use your home care every two weeks to make sure you stay ahead of your skin's ability to adapt to products.

Your clear skin expert will want to check and make sure that your home care is not too strong and irritating so you can achieve that balance between getting you clear as fast as possible without irritating and dehydrating your skin.

IMPORTANT! **If, for some reason, you can't make it to your appointment every two weeks, you will need to call or email us for your next step in your homecare regimen. Failing to do so will impede your progress and you won't get clear as quickly.

Treatments are performed every two weeks until your skin clears.

Reminders

- You are required to give 24 hours' notice if you need to reschedule your appointment or there will charge a \$50 for a missed appointment.

- Please reschedule if you are ill.
- Schedule your appointments at least 48 hours before any special events or projects where appearance is a factor. Treatments may cause some minor redness and/or sensitivity.
- If there is a problem with any of your products, call anytime – someone will get back to you as soon as possible.
- Bring in any new oral or topical medications prescribed by outside sources, for any medical reason.

Acne Med (Benzoyl Peroxide) Information

- **Follow the Timetable**

Benzoyl Peroxide can be extremely irritating and drying. During the initial weeks, you will experience some dryness, redness, itching, flaking, tightness or mild peeling. **This is temporary and will subside** as your skin adapts to the product. Try to put up with some peeling as it will eventually go away; but if you get “uncomfortably dry”, then let us know.

- **Not on Eye or Lower Neck**

Do not use Acne Med on your neck or eye area as the tissue is too delicate and will irritate the skin too much.

- **No Eye Cream**

Do not use eye cream or moisturizer around the eyes or neck because the acne Med will migrate through the cream and cause irritation and possible swelling.

- **Eye Irritation**

Allow your Acne Med to dry before going to bed. If your eyelids get irritated, try changing your pillowcase more often. When you are wearing acne med all night, it will get on the pillowcase.

- **Smile Lines**

This area tends to be the most sensitive area on the face and will be the first place you see irritation and dryness. You can put a very thin layer of Vaseline on this area to occlude it for a few days and then resume product use there.

- **Not When Working Out**

Do not wear Acne Med when you expect to perspire, as in exercising or physical labor or getting hot in the sun. If you are wearing it, wash it off or it will irritate your skin.

- **Will Bleach Fabric**

Acne Med will bleach fabric, so we suggest wearing a white shirt or T-shirt when using it. Also, use a white washcloth when removing from your skin. Use white pillowcases when you start wearing it overnight. Make sure and wash your hands with soap after using it to avoid bleaching towels.

- **Allergic Reaction**

Allergies to benzoyl peroxide are rare but do occur occasionally. Dry skin does not constitute an allergic reaction; rather an allergy is characterized by itching, swelling or burning associated with a rash similar to a mild case of poison ivy dermatitis. If an allergic reaction occurs, stop using Acne Med and contact us immediately.

- **Use Religiously!**

If you skip a day or two or only spot treat, it gives a chance for acne to form. You will never get clear if you skip your homecare.

Now That You Are Clear

Complying with as many of the following points as you can will help your skin stay as clear as possible. You have worked hard to get clear, and you deserve to stay clear.

- Continue to use your home-care products just as you have been using them. This is critical, and the single most important thing you can do to remain clear!
- Remember, acne is never cured, only controlled. It's the faithful use of your products that will keep it controlled. If it's not convenient for you to come in to purchase products, we are happy to ship what you need.
- Come in to see us for a professional treatment every two or three months to keep your skin optimally healthy and exfoliated.
- Stress is a key aggravator of acne. Cut stress where you can. Get plenty of sleep.
- Drink lots of water, and watch out for iodine-containing foods (kelp/seaweed, most salty foods, sports bars/drinks), avoid peanut products, and limit dairy consumption.
- Make sure to check the ingredients of any cosmetic, face or body product, shampoo or conditioner for the presence of acne-aggravating ingredients.
- Refer to the list that was given to you at the time of your initial consultation.
- If you start breaking out again (and you have been using your products consistently), let us know so we can adjust your routine.
- Avoid using fabric softeners (liquids or dryer sheets.)
- Avoid anything that creates heat or friction on the skin; resting your face in your hand, caps and visors, backpack straps, excessive use of hot tubs or saunas, etc.
- Wear sunscreen EVERY DAY.
- And finally, we would love it if you could give us a Yelp and/or Google review – that helps those other acne sufferers to find us.

Home Care Instructions for Weeks One and Two

Morning Routine

<u>Cleanse</u>	<u>Ice</u>	<u>Tone</u>	<u>Serum</u>	<u>Moisturize</u>	<u>Sunscreen</u>
Ultra-Gentle Cleanser	Dixie Cups	Moisture Balance	Salicylic	Hydrabalance	Daily SPF 30
Mandelic Wash		Calming Facial	Mandelic	Hydrating Emulsion	Moisturizing SPF 30
Acne Wash		Salicylic	Glycolic		Ultimate Protection SPF 28
Silica Scrub		Glycolic	Vitamin A	Cranberry Cream Clearderma	
Mandelic Scrub					
Acne Scrub					
<ol style="list-style-type: none"> 1. Cleanse – Using your cleanser and a little warm water, wash gently with your fingertips, avoiding the eye area. Rinse thoroughly with water. 2. Ice - Use Dixie Cup with frozen water on inflamed breakouts using slow circular motion without stopping. Pat dry. 3. Tone – Pour a small amount on a cotton round (flat) and apply to face. 4. Serum – Apply 1-2 pumps onto palm and apply with fingers to entire face (and/or back, chest). Apply every other day. 5. Hydrate or Moisturize – This is an optional step to add if you are dry. Apply for added moisture. 6. Apply Sunscreen – Apply a small amount on face and/or neck. Re-apply hourly when in direct sun or after swimming/perspiring. Women – apply your noncomedogenic makeup, if desired. 					

Evening Routine

<u>Cleanse</u>	<u>Ice</u>	<u>Acne Med</u>	<u>Cleanse</u>	<u>Tone</u>	<u>Moisturize</u>
Ultra-Gentle Cleanser	Dixie Cups	Acne Med 2.5%		Moisture Balance	Cranberry Cream
Mandelic Wash		Acne Med 5%		Calming Facial	Clearderma
Acne Wash		Acne Med 10%		Salicylic	
Silica Scrub		Acne Med w/Sulfur 5%		Glycolic	
Mandelic Scrub		Acne Med w/Sulfur 10%			
Acne Scrub					
<ol style="list-style-type: none"> 1. Cleanse – Using your cleanser and little warm water, wash gently with your fingertips, avoiding the eye area. Rinse thoroughly with water. 2. Ice - Use Dixie Cup with frozen water on inflamed breakouts using a slow circular motion without stopping. Pat dry. 3. Apply Acne Med – apply dime to nickel size amount to entire area avoiding eye and neck. 					
Days 1 – 3: Apply for 15'		Days 4 – 7: Apply 30'		Days 8 – 10: Apply 60'	
Days 11 – 13: Apply 2 Hours					
<ol style="list-style-type: none"> 4. Cleanse – Using your cleanser and a little warm water, wash gently with your fingertips, avoiding the eye area. Rinse thoroughly with water. 5. Tone – Pour a small amount on a cotton round (flat) and apply to face. 6. Apply Moisturizer. 					



Dime to nickel-size amount for Acne Med

Day 14 Instructions – If you get to Day 14 before you get back to the clinic for your next appointment, you will proceed to Cleanse, Toner and use Acne Med all night (in the absence of dryness and irritation). You will no longer use the moisturizer at night.

Acne Med Precautions

- **Not on Eye or Lower Neck**
Do not use Acne Med on your neck or eye area, as the tissue is too delicate and it will irritate the skin too much.
- **No Eye Cream**
Do not use eye cream or moisturizer around the eyes or neck because the acne Med will migrate through the cream and cause irritation and possible swelling.
- **Eye Irritation**
Allow your Acne Med to dry before going to bed. If your eyelids get irritated, try changing your pillowcase more often. When you are wearing acne med all night, it will get on the pillowcase.
- **Smile Lines**
This area tends to be the most sensitive area on the face and will be the first place you see irritation and dryness. You can put a very thin layer of Vaseline on this area to occlude it for a few days and then resume product use there.

- **Not When Working Out**

Do not wear Acne Med when you expect to perspire, as in exercising, physical labor or getting hot in the sun. If you are wearing it, wash it off or it will irritate your skin.

- **Will Bleach Fabric**

Acne Med will bleach fabric, so we suggest wearing a white shirt or T-shirt when using it. Use white pillowcases when you start wearing it overnight. Make sure and wash your hands with soap after using it to avoid bleaching towels.

- **Allergic Reaction**

Allergies to benzoyl peroxide are rare but do occur occasionally. Dry skin does not constitute an allergic reaction; rather an allergy is characterized by itching, swelling or burning associated with a rash (similar to a mild case of poison ivy dermatitis). If an allergic reaction occurs, stop using Acne Med and contact us immediately.

- **Use Religiously!**

If you skip a day or two, or only spot treat, it gives a chance for acne to form. You will never get clear if you skip your homecare.

- **Expect Some Dryness**

Expect your skin to get a bit dry while getting used to the Acne Med. This is normal; however, if your skin gets uncomfortably dry, please contact us so we can adjust your home care regimen. Do NOT just stop using your Acne Med until the next time you have an appointment.

Remember!

- If anything tingles more than a “2” or stings/burns, do NOT use that product. Wash it off and contact us.
- Apply sunscreen every day whether you are going outdoors or not.
- Women – Use a noncomedogenic eye makeup remover, not your cleanser. We suggest our Gentle Eye Makeup Remover.
- Men – Avoid perfumed or medicated shaving creams and aftershave lotions. See handout if you get shaving irritation. See handout for Shaving Instructions.

Home Care Instructions

**** Always check in with us before you start this new routine. We want to make sure your skin is ready for a new home care routine. ****

Weeks 3-4

You will now wear your serum every morning instead of every other morning (in the absence of irritation or severe dryness).

Morning Routine	Evening Routine
Cleanser:	Cleanser:
Ice face for 2 minutes	Ice face for 2 minutes
Toner:	Toner:
Serum:	Hydrating Emulsion: (optional)
Cranberry Cream: (optional)	Acne Med:
Sunscreen:	Spot treatment with Acne Med with Sulfur:

Weeks 5-6

You will now wear your serum twice daily (in the absence of irritation or severe dryness).

Morning Routine	Evening Routine
Cleanser:	Cleanser:
Ice face for 2 minutes	Ice face for 2 minutes
Toner:	Toner:
Serum:	Serum:
Cranberry Cream: (optional)	Hydrating Emulsion: (optional)
Sunscreen:	Acne Med:
	Spot treatment with Acne Med with Sulfur:

Weeks 7-8

We may ask you to wear your Acne Med in the morning at this point (in the absence of irritation or severe dryness).

Morning Routine	Evening Routine
Cleanser:	Cleanser:
Ice face for 2 minutes	Ice face for 2 minutes
Toner:	Toner:
Serum:	Serum:
Hydrating Emulsion: (optional)	Hydrating Emulsion: (optional)
**Acne Med:	Acne Med:
Sunscreen:	Spot treatment with Acne Med with Sulfur:

**** Allow the Acne Med to absorb for 15-30 minutes before applying sunscreen.**

Weeks 9-10

Morning Routine	Evening Routine
Cleanser:	Cleanser:
Ice face for 2 minutes	Ice face for 2 minutes
Toner:	Toner:
Serum:	Serum:
Hydrating Emulsion: (optional)	Hydrating Emulsion: (optional)
**Acne Med:	Acne Med:
Sunscreen:	Spot treatment with Acne Med with Sulfur:

Weeks 11-12

Morning Routine	Evening Routine
Cleanser:	Cleanser:
Ice face for 2 minutes	Ice face for 2 minutes
Toner:	Toner:
Serum:	Serum:
Hydrating Emulsion: (optional)	Hydrating Emulsion: (optional)
**Acne Med:	Acne Med:
Sunscreen:	Spot treatment with Acne Med with Sulfur: