



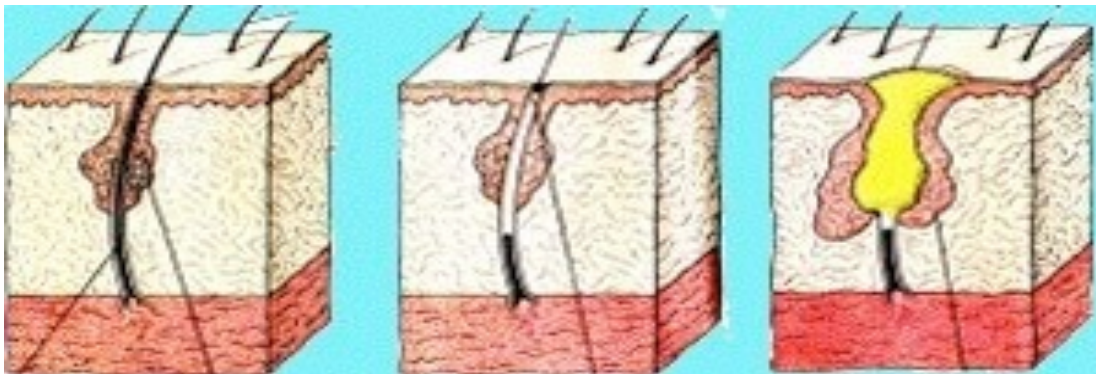
Acne Treatments

Acne results from a change in the way in which keratin is laid down in the hair follicle, with the keratin becoming denser and blocking the secretion of sebum. This hyperkeratinisation produces a sterile inflammatory response and a resultant plugging of the follicle causing a whitehead (closed comedone).

Acne is also caused by the body's increased production of the hormone androgen (produced by both men and women) which stimulates the sebaceous glands to produce more oil.

The increased production of oil causes the pores to become blocked so that the oil cannot come up to the skin's surface.

The acne is an infection caused by a skin bacterium (propionibacterium acnes, P acnes) that feed on and break down this oil. As the bacteria multiply, waste products and sebatic acid are created and irritate the sebaceous gland which becomes inflamed causing a blackhead (open comedone), pimple or nodule.



With more severe acne the distended walls of the follicle may break and the contents (sebum, lipids, fatty acid, keratin etc) may enter the dermis provoking a foreign body response of inflammation. This rupture of the follicle can cause intense inflammation which can lead to necrosis of the tissue and scarring.

There are five different kinds of Acne. Record 618 treats 3 of them

- Acne vulgaris: Clogging of the hair follicles that leads to unsightly and sometime painful, skin lesions and pimples.
- Acne conglobata: Covers the back, chest, and buttocks with pustules and nodules, which might cause a severe bacterial infection, as well as extensive scarring
- Acne rosacea: an inflammation of the face, neck or chest.

Factors that can aggravate acne:

- A humid environment with oil, chemicals or dirt
- Stress; emotional or physical
- Scratching or squeezing the infected area
- A woman going through a monthly period



- Certain types of medication
- Hormonal conditions/imbances

The treatment with the Record 618 works in 2 ways:

- The light triggers the proliferation of endogenic porphyrins which attack and destroy the P. acnes bacteria in the skin. With successive treatments the rate of acne destruction can become greater than the growth of the bacteria leading to a reduction in the inflamed lesions and can prevent further traumatic scarring.
- The light is absorbed by into the blood vessels which supply the sebaceous glands. By heating up the capillaries this will reduce the blood flow to the sebaceous glands and decrease the over-production of oil in the skin.

Skin reaction after Treatment

- Slight skin erythema is often seen immediately after the treatment (although it should not take the shape of the waveguide) and this will disappear in 1-2 hours.
- In darker skin types the skin response can be delayed for up to 24 hours.

Treatment regime

One month prior to treatment a skin care routine of glycolic acid, AHA's or a retinol based cream should be started. An exfoliating facial one month prior to treatment can also be helpful.

The schedule is 4 treatments, to take place twice a week no closer than 48 hours apart, for 2 weeks. This routine can be repeated again to achieve further results if necessary.

After the initial course has finished (1 x 4 treatments or 2 x 4 treatments) and the end results achieved, monthly treatments are recommended to maintain the skin as the acne bacteria could again begin to multiply.

The client should continue to use a complementary skin care range to maintain the best results.

Acne

Pre Treatment Care

One month before starting the Acne treatment regime, the use of AHA's, glycolic acid or vitamin C products is recommended.

It is important that the client follows the guidelines below 30 days prior to treatment:

- Do NOT sunbathe
- Do NOT use sun beds
- Do NOT use self tanning creams

Also for 7 days before treatment:

- Do NOT have electrolysis
- Do NOT wax
- Do NOT use bleaching products or depilatory creams

Post Treatment Care



It is important that the clients follow the aftercare instructions listed below:

For 30 days after treatment:

- Do NOT sunbathe or use sun beds
- A sun cream of SPF 20 + is recommended on any exposed areas.

For 48 hours after treatment:

- Avoid the use of highly perfumed products or make-up on the area
- Avoid any heat on the area. This includes saunas, steam rooms, hot water, and hot showers and baths.
- Avoid swimming & excessive exercise
- If irritation occurs do not touch, pick or scratch the treated area
- If the area is particularly sensitive after the treatment 100% aloe vera can be applied to reduce any side effect.

After the Acne treatments, the use of AHA's, glycolic acid or vitamin C products is recommended to maintain the best results.

If you have any queries at all please contact the salon on 01489 789589 or email us at info@amandaofbotley.co.uk

