



Blemish Buster Primer

The Blemish Buster plan works best when we share a common terminology and understanding of skin and acne. Acne requires continuous management. Even after this program, you will still need home acne care, but it should be more effective. Simple regimens will offer better results, because they are easier to follow and less harmful to the skin. Beyond managing acne with in-office treatments, the goal of the Blemish Buster Plan will be for you to be able to identify causes and triggers for your acne and implement appropriate home care strategies independently.

Please review this You Tube video: <https://www.youtube.com/watch?v=IAx5gwhmsdo>

Light-Based Acne Treatments

Phototherapy has been used successfully for managing acne by addressing several processes contributing to acne. Light waves in the blue band of visible light targets and eliminates bacteria and porphyrins. Porphyrins are the by-products of bacteria and causes redness and inflammation. Light and heat generated from these light-based platforms helps to shrink and dry enlarged and hyperactive sebaceous glands and pores.

Initial Treatment Phase

Best outcomes using light based treatments require twice weekly treatments for 4-6 weeks. Like other acne treatments, light-based treatments can make the skin more sensitive to the sun. Therefore, while you are enrolled in the initial phase of the Blemish Buster Plan, you will be advised to avoid extended sun exposure and these acne treatments:

- Vitamin A derivatives (retinoids, retinal, retinol, tretinoin, isotretinoin)
- Cleansers with alpha hydroxy acids (lactic acid or glycolic acid)
- Scrubs and pore tape products
- Rubbing alcohol, witch hazel, toners
- Trips to the esthetician for extractions and peels

Permissible home care management:

- Gentle, pH balanced washes
- Cleansers with <2% salicylic acid
- Non-comedogenic moisturizer
- Mineral sunscreen
- Topical antibiotics: erythromycin, clindamycin, benzoyl-peroxide
- Oral birth control pills.

The first 1-2 weeks of treatment you can expect a purging of the sebaceous glands, evidenced by an increased production of oil and possibly more inflammation. This will calm down as treatment continues. Consider:

- Gentle cleansing as needed
- Non-alcohol aloe vera
- Avoidance of dairy.

Maintenance Phase

As you move into acne maintenance, we will work to identify an acne home management that will work best for you. We will review cleansers, antibiotics, exfoliants, hormone stabilizers, continued light therapy, and diet.

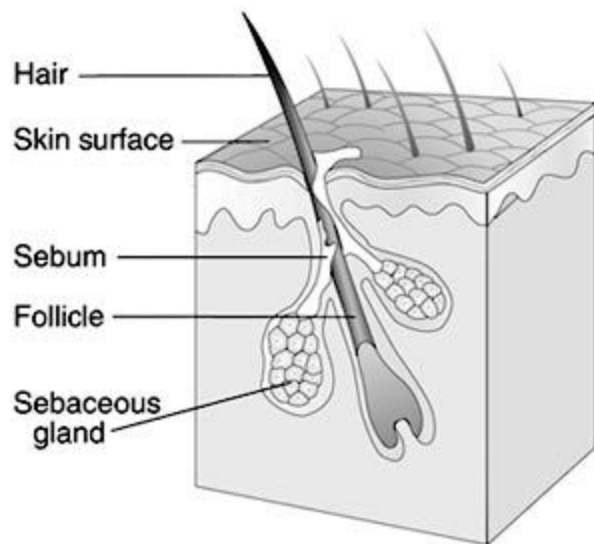
Those to stay in the monthly Blemish Buster Maintenance will receive a monthly photofacial and any additional extractions or lesion management at a discounted price. Lapses in monthly payments will automatically drop you from the program.

If you do not need monthly management using phototherapy, you can still get an acne treatment at the regular affordable price.

Scarring Repair

Within the year of completing the Initial Phase of phototherapy, clients can receive a microneedling, collagen stimulation treatments (maximum three treatments) at 30% off the regular price and receive \$50 off add-ons (stem cell or platelet-rich plasma) if desired.

Microneedling is an excellent stimulus to induce the body's natural production of collagen to reorganize and smooth skin tissue disrupted from scarring.



EXFOLIANTS:

- Vitamin A derivatives: retinoids, tretinoin
- Acids & peels: salicylic, lactic, glycolic
- Adapalene
- Scrubs, brushes

ANTIBIOTICS (anti-inflammatories):

- Benzoyl peroxide
- Erythromycin/Clindamycin
- Tetracycline/minocycline
- Sulfa/sulfacetamide

HORMONE STABILIZERS:

- Birth Control Pills
- Spironolactone

NOTES:



Blemish Buster Primer

-

-