

Acne

SFMedica offers an individual acne treatment regime depending on your skin needs and severity of the problem.

About

Acne is the most common skin condition in the adolescent and young adult age group and is characterised by scaly red skin, blackheads and whiteheads. In its most severe forms it is associated with irreversible scarring.

Acne affects predominantly the face and scalp, the upper part of the chest, and the back where the greatest number of sebaceous glands can be found.

Causes

Acne is thought to be caused by a hypersensitivity of the pilosebaceous unit in response to androgens and in particular to dehydroepiandrosterone sulfate (DHEA-S). As a result sebaceous glands enlarge and overproduce sebum.

There is also an associated excess of keratin (a natural protein found in the skin) within the follicular ducts. The combination of too much sebum and keratin leads eventually to formation of clogs and blockage.

This alteration of the follicular milieu creates an anaerobic environment that favours the proliferation of naturally occurring skin bacteria such as *Propionibacterium acnes* and *Staphylococcus epidermis* resulting in inflammation or infection as seen in moderate to severe acne.

Indications

Acne can be devastating for sufferers interfering with their social function and having a detrimental effect on their psychology and self-esteem. In some studies severe depression and suicide have also been reported.

Due to its potential for scarring an early and aggressive treatment is therefore advocated by **SFMedica** in order to improve signs and symptoms at an early stage preventing thus deterioration to more severe forms.

If you suffer from acne then **Dr S. Foutsizoglou** can provide you with the right solution to your problem.

All consultations for skin problems take place at the London Slimming & Cosmetic Centre conveniently located in central London.

If you are one of the millions who suffer from acne and seek an effective treatment with long lasting results why don't you book your free consultation today and start your journey to skin transformation?

Treatment Explained

Despite advances in Medicine acne still remains one of the most difficult and complex skin conditions to treat.

Dr S. Foutsizoglou has a vast experience in treating patients with acne. **SFMedica** offers an individualised acne treatment depending on your needs and severity of the problem. After a thorough consultation we will be able to offer the best treatment option for optimal and permanent results.

Some of the very effective treatment protocols that our specialist doctors at **SFMedica** can offer include:

- **CLENZiderm** by **Obagi** is a simple three-step system, formulated with proven acne-fighting ingredients for a clearer, healthier, breakout-free skin. The visible signs of acne can now be reduced as early as 2 weeks without the dreadful side effects of oral medication such as Roaccutane (Isotretinoin) or antibiotics.
 - Combines 5% liquefied Benzoyl Peroxide with other active ingredients such as 2% salicylic acid.
 - Quickly clears acne and prevents new breakouts from occurring.
 - Is easy to use and does not require the use of an antibiotic
 - Can be combined with the **Obagi Nu-Derm System** for unparalleled results.
- **Dermazelan** by **Mesoestetic** is a superior anti-acne treatment that fights acne symptoms and prevent their re-appearance by
 - Regulating sebaceous secretions
 - Preventing obstruction of follicles and micro-comedo formation
 - Relieving inflammation
- Controlling bacterial proliferation
- Stimulating epidermal renewal for a healthier skin
- **Cosmelan Active System** by **Mesoestetic**
 - Is an easily applied topical treatment for oily, seborrhoeic and pro-acneic skin
 - Acts against the different disorders affecting the pilosebaceous unit
 - Has been developed using ingredients of proven efficacy against acne and its sequelae
 - Has the highest degree of tolerance
 - Is a complete system of medical products designed to achieve synergistic effects
- **Epiduo** from **Galderma** is a single product combining 0.1% Adapalene and 2.5% Benzoyl Peroxide.
 - Benzoyl Peroxide is a very potent bactericidal reducing P. acnes colonization without increasing antibiotic resistance
 - Adapalene is a retinoid with known comedolytic, anti-inflammatory and anti-comedogenic action.
 - The combination works synergistically providing great improvement of acne signs from the first week of use.
 - Well tolerated
 - Can be combined with other cosmetic treatments such as IPL or chemical peels provided that Epiduo is discontinued 2 weeks prior to procedure.
- For those who cannot afford more expensive treatments or take some time off work then **Dr S. Foutsizoglou** would recommend the **Blemish + Age Skincare System** by **SkinCeutical's** which consists of a *cleanser*

- containing capryloyl salicylic acid and glycolic acid to remove impurities and excess oil, a *toning solution* which removes surface cells, decongests pores and resurfaces skin, and a *serum* containing 2% dioic acid and alpha- and beta-hydroxy acids to prevent acne formation, help correct acne associated hyperpigmentation and reduce the appearance of fine lines and wrinkles. Sun protection and SkinCeutical's antioxidants for optimal results are highly recommended.
- Oral **Isotretinoin** is reserved for severe acne not responding to other treatments as it is associated with significant side effects.
- **Antibiotics** such Tetracycline or Erythromycin
- **Chemical peels** (e.g. Salicylic acid or TCA)
- **Mesosotherapy**
- **Medical microneedling**
- **Microdermabrasion**
- **Surgery** for severe inflammatory acne where abscess-like lesions are formed on the skin.
- For female patients **anti-androgen** treatment may be prescribed along with topical agents

All the treatment options will be discussed with you during your first consultation. An individualised protocol will then be formed for you depending on your needs and severity of your acne. Our success rate is more than 95% with the vast majority of our patients describing their experience as a smooth transition to a transformed skin.

Aftercare

The aftercare depends on the treatment or combination of treatments your doctor will decide is best for you.

You will be given clear instructions both verbally and in writing with regards to post-treatment Dos and Donts.

For optimal results a daily skin care protocol will be discussed with your doctor as part of maintenance following the completion of an acne treatment course.

Table

Action	Product	Application
1. Evaluation of the type of skin		
2. Skin degreasing	DERMAZELAN OIL REDUCING SOLUTION	Rub the skin with a tissue soaked in order to remove the sebum.
3. Mask	DERMAZELAN MASK	The product must be applied with your fingertips spreading a thin and uniform layer on the face. Avoid the eye surround and mucosa. If necessary it can also be applied on other areas like neck, shoulders, back and/or cheek. Let it act for 3 hours. Remove the product with a wet tissue.
Treatment at home (from the second day on)		
Action		Application
1. Daily hygiene	DERMAZELAN FACIAL GEL CLEANSER	Apply 1 or 2 ml gel on the wet skin. Rub in order to clean and form lather. Remove the product with water. Wash your face with abundant water. Dry the skin. Apply the product up to 6 times a day with the roll-on on spots, comedos or blotches.
2. Maintenance treatment	DERMAZELAN MAINTENANCE CREAM	Apply a fine layer twice daily, morning and evening. If you want to use another product (e.g make-up moisturising creams, etc) you must wait until the total absorption of the product.
3. Sporadic cosmetic treatment	DERMAZELAN SPOT TREATMENT	Apply the product until 6 times a day with the roll-on spots, comedos or blotches