



ACNE SOLUTION

Acne is now a fully treatable medical condition for both adults and teenagers. It's not just something you have to go through. According to Maryann, advances in product technology and treatments have created a drug-free solution.

"Treating acne early prevents long-term side effects such as pitted scarring and hyperpigmentation, and means you don't have to suffer the embarrassment of constant eruptions on your face and back," says Maryann.

Early intervention is the key. A tailored program of prescription-strength homecare products, combined with procedures under medical supervision will produce results within weeks.

Treatment

Maryann recommends a simple, twice-daily routine of medical-grade Obagi products to control breakouts.

More persistent acne may require a course of 12 treatments with LED Blue Light (Photonlite) therapy, a non-invasive and proven therapy developed by NASA to aid wound healing in space. Deep chemical peels are also effective.

"In cases where post-acne scarring and hyperpigmentation is present, but the acne itself is gone, I suggest a course of deep medical skin needling with a 1.5mm dermaroller," Maryann says.

Daily application of a topical Vitamin C serum, together with an SPF30+ sunscreen, is mandatory.

Risks

Side effects are rare, but any skin procedure may induce a wound, which if strict post-treatment guidelines aren't followed, may result in infection. Side effects from the use of homecare products are extremely rare.

Cost

- Obagi Clenziderm starter kit, \$155
- Obagi Nu-Derm sunscreen, \$55
- LED Blue Light (Photonlite) Therapy, \$960 – 30 minutes per day, three times a week for four weeks
- Chemical peel, from \$100
- Medical Skin Needling, \$1585 – series of three treatments over three months, including homecare kit with products