

# FACT SHEET

## Blackheads

Blackheads belong to the family of skin conditions called comedones. Comedones occur when follicles become congested with dead cellular material, oil, and other debris. Normal follicles can shed this material that accumulates inside, leaving them clean and clear. But in skin prone to blackheads, this shedding process is impaired, causing a buildup of material inside the follicle.

In the case of blackheads, the accumulated debris forms a hardened, dark plug which eventually becomes visible on the surface of the skin. The black “head” is actually an accumulation of melanin (skin pigment) and makes comedones very obvious. Blackheads are particularly common on the nose, forehead and chin, and any area with an abundance of oil glands.

Blackheads can be removed through a minor procedure called “extraction”. This is best done by your doctor or medical aesthetician. Once removed, the best way to prevent comedones from reoccurring is to use a combination of ingredients that unclog pores and reduce oil flow. Topical niacinamide, retinaldehyde and alpha + beta hydroxy acids are best for this purpose. Avoid the use of heavy moisturisers in areas that are prone to comedone formation.

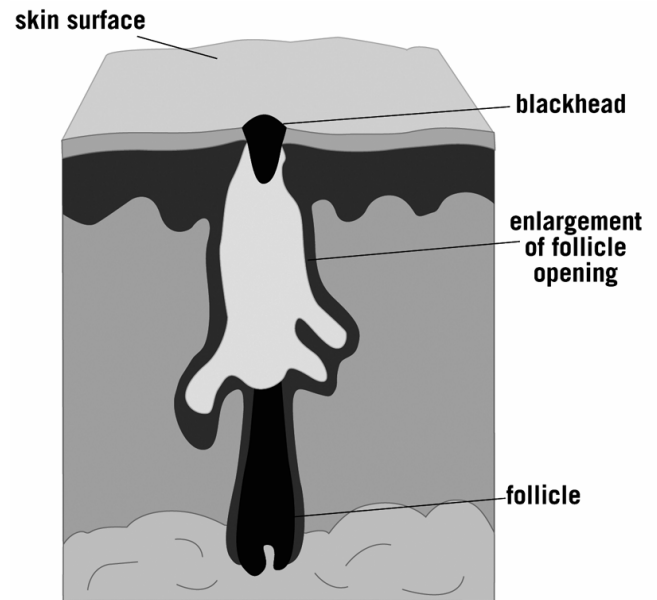




Fig 1. Schematic cross-section of a blackhead.

## Our T<sub>x</sub> for Blackheads

PROCEDURES	Extractions
<b>DAY</b>	<ol style="list-style-type: none"> <li>1. Rationale Preparatory Cleanser</li> <li>2. Rationale Niacinamide Serum</li> <li>3. Intelligent Suncare Neutraliser Concealer SPF 25+</li> </ol> 
<b>NIGHT</b>	<ol style="list-style-type: none"> <li>1. Rationale Preparatory Cleanser</li> <li>2. Rationale Retinaldehyde Serum</li> <li>3. Rationale Skin Refining Serum</li> </ol> 
<b>WEEKLY MONTHLY</b>	<ol style="list-style-type: none"> <li>1. Procedure microPeel</li> <li>2. Procedure Customised Peels</li> </ol> 