

FACT SHEET

Inflammatory Acne (Pimples)

Pimples are an inflammatory form of acne that is characterised by excess sebum (oil) production, blocked pores, inflammation of surrounding tissue and bacterial activity.

Pore blockage occurs when excess cells inside the follicle are unable to shed properly. These cells then remain in the follicle, mixing with sebum and filling up the pore. This mix of debris, and skin bacteria can irritate the follicular lining causing redness and inflammation. The inflamed follicle expands to accommodate the material trapped within it, becoming a raised red “bump.” This results in one of two kinds of pimple - red bumps without pus (papules) and those containing pus (pustules).

Treating breakouts involves 3 steps:

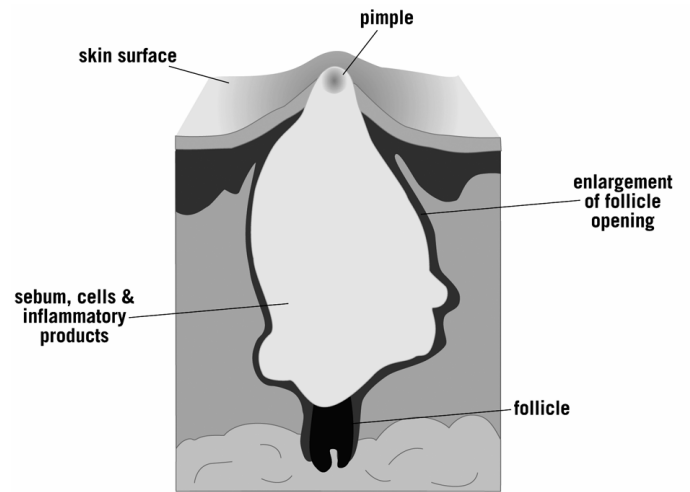
1. Unclogging pores
2. Controlling oil flow
3. Treating acne bacteria (*Propionibacterium acnes*)
4. Calming irritation

The most effective topical ingredients for unclogging pores are alpha and beta hydroxy acids and retinaldehyde. These help normalise the exfoliation process inside pores, helping to prevent blockage of the follicle that can cause blackheads and pimples.

Topical application of Vitamin B3 (niacinamide) helps to reduce excess oil flow. Vitamin B3 also calms skin, accelerating healing time.

The acne causing bacteria, (*Propionibacterium Acnes*) can be effectively controlled with a topical drug called benzoyl peroxide. It can be used up to twice daily in areas prone to breakout to prevent breakouts from occurring.

Zinc oxide-based preparations can be used as a calming concealer to reducing irritation and accelerate healing time.



Our T_x for Inflammatory Acne

DAY	<ol style="list-style-type: none"> 1. Rationale Preparatory Cleanser 2. Rationale Niacinamide Serum 3. Rationale Rejuvenating Serum 4. Intelligent Suncare Neutraliser Concealer SPF 25 	
NIGHT	<ol style="list-style-type: none"> 1. Rationale Preparatory Cleanser 2. Rationale Clarifying Serum 3. Rationale Retinaldehyde Serum 4. Rationale Skin Refining Serum 	
WEEKLY MONTHLY	<ol style="list-style-type: none"> 1. Procedure microPeel 2. Procedure Customised Peels 	