
ACNE TREATMENT BY THE SKIN THERAPIST

Your doctor has recommended acne skin therapy for your skin condition. This leaflet provides more information about the treatment.

WHAT IS ACNE?

Acne is a skin condition of the sebaceous glands that affects almost everyone during puberty. The skin contains about fifteen sebaceous glands per square centimeter. To keep the skin supple, they produce sebum (skin oil). The sebaceous glands open into hair follicles. If the openings of the hair follicles become clogged, acne develops. The medical term is acne vulgaris. Acne is also referred to as teenage spots. This is not entirely correct, because adults can also suffer from it. Acne can vary from a few to large numbers of spots, mainly on the face but also on the back, shoulders, or neck. Inflammation and infiltrates can also form in the skin, which can be quite painful and large.

WHAT CAN THE SKIN THERAPIST DO ABOUT ACNE?

The skin therapist treats various forms of acne and acne scars. This is often done in combination with treatment by a doctor. In addition, the skin therapist plays an important role in providing advice on self-care. Active participation by the patient is essential for a satisfactory result.

WHAT HAPPENS DURING THE FIRST CONSULTATION WITH THE SKIN THERAPIST?

During the first appointment, the skin therapist will explain: acne, the type of therapy, treatment frequency, and the costs. The skin therapist will also perform a trial treatment on a small area.

TREATMENT

There is no standard treatment for acne. Acne treatment by a skin therapist usually consists of several components:

Manual cleansing of the skin. The focus of acne treatment by a skin therapist is on manual cleansing of the skin. This involves removing blackheads and whiteheads (comedones). A thin, small needle is used to make an opening in the skin. This makes it easier to remove the comedones from the skin. The aim of the treatment is to reduce inflammation and prevent scarring.

Deep cleansing of the skin by means of a peel; mechanical peel (scrubbing), chemical peel (based on different types of acids). The aim is to remove dead, loose skin cells so that the pores are less blocked. When the skin is exfoliated regularly, blackheads are less likely to form and sebum flows more easily. In addition, removing dead skin cells stimulates cell renewal. Advice and self-management for skin care and product use, among other things.

HOW MANY TREATMENTS ARE NEEDED?

Multiple treatments are often necessary. A combination of techniques, with or without supportive medication, determines whether the acne improves. It is often a long-term treatment process. Once the acne improves, the frequency of treatment is adjusted.

COSTS AND REIMBURSEMENTS FOR SKIN THERAPY

The prices of the treatments vary. You must pay the treatment costs after each treatment. Some supplementary health insurance policies reimburse the treatment by the skin therapist, or reimburse part of the costs. This depends on the treatment and the insurance you have.

