

Acne Treatment Without Drugs

Acne affects over 85% of adolescents and up to 50% of adults. Experts agree that acne is not caused by greasy foods, but rather by the skin's sebaceous glands producing excess oil that combines with normal skin bacteria to clog pores. At Gateway Aesthetic Institute we employ a new approach to acne treatment that doesn't require the use of potentially harmful drugs. Our preferred approach is a combination of infrared laser treatments, Omnilux red and blue light, Silk Peels, and new topical non-prescription products. This unique combination make acne control possible without the use of oral antibiotics and Accutane.



Let's take a closer look at each of the treatments:

Infrared Laser treatments have been around for several years. However, with the advent of new laser wavelengths and improved protocols, the use of laser light to control acne has become more effective. These lasers break up plugs in the pores, reduce redness and pigmentation, kill bacteria, and reduce inflammation.

Omnilux light therapy consists of alternating sessions of red and blue wavelength light exposure to the affected areas. These are relaxing, pain-free treatments that activate naturally occurring substances in the skin called photoporphyrins that kill bacteria and reduce inflammation. We recommend at least 10 sessions (2 or 3 each weeks) for a month to achieve the best results. A published study shows 83% improvement in inflammatory acne after a series of at least 8 treatment as measured three months following the final treatment. We also now have hand-held Omnilux lights available in our Apothica store so that our patients can do spot treatments at home.

Silk Peel treatment is used to loosen the plugs in the pores, extract the blackheads and whiteheads and infuse the pores with an acne preventative solution. Patient who have congested pores as a major component of their acne find this treatment to be highly beneficial.

New topical products (non-prescription) have also proven effective when used in combination with other treatments. Such product include the new Cosmion Acnion pads and gel, invented by Dr. Mark Taylor. These products have proven more effective for most of our patients than expensive prescriptions and they have no side effects or skin irritation. In addition, the Cosmion line of products rejuvenate the skin, making it look younger, as they neutralize abnormal pigmentation that often follows an acne breakout.

Our patients love these treatments and the rapid improvement seen when properly combined. Our unique, drug-free acne treatments are also safe for pregnant women and children.

That said, while it's always best to treat acne first with drug free options, should your acne require treatment with prescription medications, we have three board certified dermatologists on staff who are experienced with all acne medications and understand how best to use them for maximum benefit with the fewest possible side effects. Acne can be emotionally devastating. Let's work together to clear your acne and regain your confidence. Call the Gateway Aesthetic Institute and Laser Center today to schedule an appointment.