



Where to seek help

A Dermal Clinician- who are we?

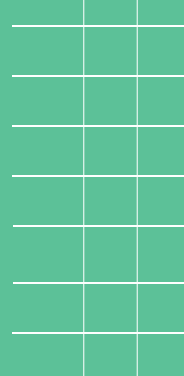
Dermal Clinicians are bachelor qualified allied health professionals with expertise in skin health and managing common skin problems. We are evidence based, independent practitioners. You might find us working in private practice, community health settings and medical specialty areas. Dermal Clinicians can provide skin health education and management as well as perform advanced skin treatments to help achieve optimal outcomes.

GP or Dermatologist

They may be able to provide medical advice and prescribe medications for more severe types of acne.

Mental health support:

Beyond Blue
Call: 1300 224 636 or visit
www.beyondblue.org.au



**Please complete a quick
feedback survey by scanning
the QR code above**

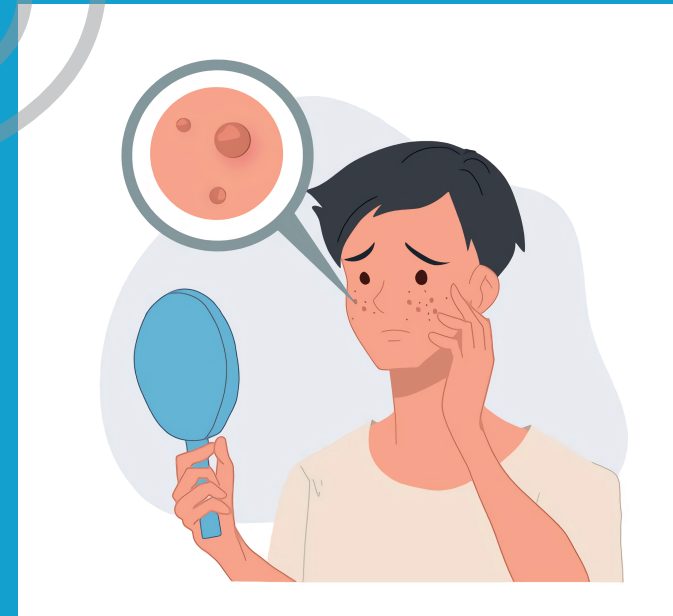


Disclaimer

This brochure was created by a student Dermal Clinician at Victoria University Melbourne with the purpose of educating the community. The content is sourced from scientific peer-reviewed articles and websites. All information featured is for educational purposes only and does not constitute medical advice.

Get to know:

ACNE



Educational Brochure





Acne vulgaris affects more than 90% of Australian adolescents aged 16-18 years, which can have a serious impact on mental health and self esteem.



What is acne?

Acne is a common skin disorder that mostly affects the face but can also affect the neck, chest and back. It's a skin condition caused by excess oil production, often triggered by hormones during puberty. It results in inflammatory and non-inflammatory lesions due to a build up of oil, dead skin cells and bacteria in the hair follicle (pore).

Types of acne lesions:

- Open and closed comedones- blackheads and whiteheads
- Papules- small tender red bumps
- Pustules- white or yellow pustular lumps
- Nodules & Cysts- large painful lumps
- Acne can also present as some or all of these combined



Figure 1: Comedonal acne



Figure 2: Papular acne



Figure 3: Pustular acne



Figure 4: Cystic acne



There is no instant or permanent cure for acne, but it is possible to control it. A good skincare routine at home will help reduce symptoms and prevent scarring.

The following skin care recommendations may help to manage and prevent acne:

- Gentle Ph balanced soap free cleansers
- Salicylic or glycolic acid- helps to breakdown sebum and unblock pores
- Niacinamide- reduces redness and inflammation
- Sunscreen SPF 30 or higher- light cream or oil free products are best for acne prone skin
- Makeup- oil free and non-comedogenic (won't clog pores) non-acnegenic (won't cause acne)

Professional treatments

- Chemical peels
- Comedone extractions
- Lasers and Photodynamic therapy
- Skin needling (scar treatment)

**Remember...
Don't squeeze, pick, scratch or pop your pimples. This can spread acne and cause scarring**

