

Acne Consultation

WHAT IS ACNE?

Acne is an inherited disorder of the pores where dead skin cells shed much faster than normal. Normal pores shed approximately 1 layer of dead skin cells per day inside the pore. Acne-prone pores shed up to 5 layers of dead skin cells per day, causing buildup. This buildup forms a microcomedone, which is where all acne lesions begin. That microcomedone turns into blackheads or whiteheads under the skin; and if bacteria is present, it feeds on the dead skin cells and oil, creating inflamed pimples or pustules, and possibly cysts. This process can take up to 90 days.

HOW LONG IS THE CLEARING PROCESS?

Because it takes up to 90 days for acne to form, you may still have 90 days of acne that will surface. Our acne products and protocol will keep the new acne from forming that would surface 90 days from now. In most cases, the Face Reality Skincare Program will have your acne under control in about 3 to 6 months, depending on your type of acne. Some types of acne take longer to clear. Your Acne Expert will customize a home care routine that takes at least 5 things into consideration: acne type, skin type, skin color, skin sensitivity and environment. The biggest part of the clearing process is your commitment to applying your home care routine as instructed and following recommended lifestyle where possible.

YOUR COMMITMENT THROUGH THE CLEARING PROCESS

- Use your customized routine of home care products exactly as directed
- Receive treatments and/or check-in with your Acne Expert every 2 weeks
- Follow any recommended adjustments to your home care routine as directed
- Follow lifestyle recommendations where possible, including diet, stress management, and pore-clogging ingredients in skin, hair, and cosmetic products.

Your progress will be closely monitored by your Acne Expert who will make sure you have the best home care routine for your skin and will make adjustments, if necessary, to get your skin healthy and clear in the fastest way possible.

WHAT ARE ADJUSTMENTS TO HOME CARE?

During the first 6 to 8 weeks, your skin is assessed every 2 weeks to see if we can make your routine a bit stronger. We do not want your skin to get used to products, but we also do not want the routine to be so strong that your skin gets dry and irritated. This method will keep your skin on the path to clearing while maintaining optimal skin health. It's important to know that if adjustments are not made, progress may stall. If, for some reason, you cannot make it in for a treatment, contact your Acne Expert to get the next set of instructions for home care adjustment.

TREATMENTS

Very mild corrective peels are used to boost the home care along with extractions of existing acne. If your skin is dry or irritated, we will opt for an enzyme treatment and extractions.

Cost of treatment: \$90

Cost of series of 3 treatments: \$225

This content is being provided for informational purposes only. This is not meant to be a substitute for professional medical advice, diagnosis or treatment. Face Reality is not offering, recommending, or endorsing any specific dietary guidelines, prescription drug, pharmacy or other information on the site. Face Reality provides no warranty for any information. Please seek medical advice before starting, changing or terminating any medical treatment.

Lifestyle Choices That Can Affect Acne

Below are some lifestyle choices that can have an impact on your skin and your journey towards clear skin.

- **REST AND STRESS**
Get enough rest and reduce your stress. Stress stimulates the adrenal gland which promotes oil production that can lead to clogged pores in the acne-prone individual.
- **FABRIC SOFTENER**
Fabric softeners (liquid or dryer sheets) leave a waxy residue on pillowcases, towels, wash cloths, sheets, and any other fabric comes into direct contact with the skin. This residue can clog pores of acne-prone individuals. You can use anti-static dryer balls to reduce static cling.
- **DETERGENT**
Detergents with fragrance can cause skin irritation. Fragrance-free detergents are a better choice. Remember to check the ingredient list of the detergent you choose and against Face Reality's Pore-Clogging Ingredients handout.
- **PILLOWCASES**
It is good practice to change your pillowcases often. Oil and other products (such as hair care) can leave build up and contribute to clogged pores.
- **WATER SOFTENERS**
There is some evidence that water softeners can lead to acne, especially those containing high amounts of potassium chloride.
- **SWIMMERS**
Swimming pool disinfectants contain iodides and chlorine which can remain in the water, causing skin problems for frequent swimmers. Consider applying a thin layer of petroleum jelly over your sunscreen before you get into the pool.
- **SUN EXPOSURE AND ACNE**
Although sun exposure causes desirable scaling and drying, it also damages the follicle, exacerbates dark spots, and causes skin cancer and premature aging. Always wear sunscreen, even if it's overcast and/or raining.
- **BEWARE OF HAND LOTIONS**
If you are using a pore-clogging (comedogenic) hand lotion then leaning your face on your hands or sleeping on your hands, this could exacerbate your acne.
- **BREAKOUTS AROUND THE MOUTH AREA**
Many lip balms, toothpastes, and even facial tissues have comedogenic ingredients in them. If you see breakouts around your mouth area, one of these products may be the culprit. We recommend petroleum jelly as a lip balm and toothpaste without SLS (sodium lauryl sulfate). Many well-known tissue brands are infused with things like coconut oil, isopropyl myristate, and SLS, all of which will clog the pores.

This content is being provided for informational purposes only. This is not meant to be a substitute for professional medical advice, diagnosis or treatment. Face Reality is not offering, recommending, or endorsing any specific dietary guidelines, prescription drug, pharmacy or other information on the site. Face Reality provides no warranty for any information. Please seek medical advice before starting, changing or terminating any medical treatment.

- **RESIST PICKING OR SQUEEZING**

Rub ice on pustules and pimples for a couple of minutes, twice a day.

IMPORTANT: if you pick, squeeze, and break the skin, that scab will leave a red or dark mark that will be there for months longer than if you left it alone.

- **BIRTH CONTROL AND HORMONE REPLACEMENT**

Forms of birth control that contain low doses of estrogen can be higher in androgen hormones, and that combination may aggravate acne-prone skin. Certain forms of birth control are FDA approved to treat acne. Please speak with your doctor about the birth control method that will be best for you. You should also familiarize yourself with the benefits and risks of any birth control. Please see the Birth Control And Acne Simplified handout for more detailed information.

Progesterone hormone replacements may exacerbate acne. If you have Polycystic Ovarian Syndrome, it can cause hormonal changes and breakouts.

- **PRESCRIPTION DRUGS**

Prescription drugs that may exacerbate acne include some topical and oral steroids, anticonvulsants, thyroid medications, fertility drugs, Isoniazid, Imuran, Danazol, Gonadotrophin, Cyclosporin, Disulfiram, and drugs that treat ADD/ADHD.

Other topical prescription drugs that must be discontinued at least 14 days prior to receiving a treatment or starting Face Reality Skincare active products include Azelex, Finacea, Retin-A, Tazorac, Differin, Clindamycin (Cleocin-T), Erythromycin (Erygel), Dapsone (Aczone). This includes any topical treatment from Proactiv or Curology, that is not benzoyl peroxide only.

If you are taking oral Isotretinoin consult your Acne Expert for guidance on how long you must wait after discontinuing use prior to starting treatments and active products.

- **RECREATIONAL DRUGS**

Recreational drugs that may exacerbate acne include marijuana, cocaine, and amphetamines (speed).

- **CHEMICALS**

Coal tars (roofers), grease (mechanics, cooks, waiters), chlorinated industrial chemicals, and dioxin can exacerbate acne.

This content is being provided for informational purposes only. This is not meant to be a substitute for professional medical advice, diagnosis or treatment. Face Reality is not offering, recommending, or endorsing any specific dietary guidelines, prescription drug, pharmacy or other information on the site. Face Reality provides no warranty for any information. Please seek medical advice before starting, changing or terminating any medical treatment.

Food and Supplements That Can Affect Acne

Foods

This is a guideline only. We are not asking you to eliminate foods or food groups completely; we do suggest you cut back and moderate some food types. The “May Aggravate Acne-Prone Skin” group has been a problem for many people who experience acne. We also know that some people have trigger foods such as citrus, but this is not across the board.

MAY AGGRAVATE ACNE-PRONE SKIN	POTENTIAL SUBSTITUTE
Iodides: Iodides irritate the pore and may cause acne flare-ups	
Iodized salt	Sea salt, uniodized salt, celtic salt, himalayan salt
Milk (including organic and especially nonfat)	Almond milk, coconut milk, rice milk, oat milk
Cheese	Nut cheese
Whey or soy protein shakes and protein bars, creatine	Pea protein, egg white powder, hemp – still check for iodides and biotin before buying (Vega Sport Performance Protein and Perfect Fit are a few safe ones.)
Soy products: tofu, soy milk, tempeh, edamame, soy sauce	
Seafood, shellfish: cod, scallops	Fresh water fish: lake trout, bass, catfish
Spirulina, chlorella, blue-green algae	
Kelp, miso soup, seaweed, seaweed supplements	
Vitamins with iodides, iodine, kelp, potassium iodide (also avoid biotin and B12)	
High Androgen: Foods high in androgens may contribute to increased sebum	
Peanuts, peanut butter	Almond butter or other nut butters
Peanut oil, corn oil, canola oil	Olive oil, coconut oil
Shellfish	
Organ meats including pate	

This content is being provided for informational purposes only. This is not meant to be a substitute for professional medical advice, diagnosis or treatment. Face Reality is not offering, recommending, or endorsing any specific dietary guidelines, prescription drug, pharmacy or other information on the site. Face Reality provides no warranty for any information. Please seek medical advice before starting, changing or terminating any medical treatment.

Foods More Often Associated With Exacerbating Acne & Inflammation

- Trans Fats
 - Cakes, pies and cookies - Margarine (stick and tub)
 - Cream-filled candies
 - Biscuits - Crackers
 - Doughnuts
 - Breakfast sandwiches - Microwave popcorn
- Overheated fats: baked foods/ fried at high temperatures
- Excess sugar
- Omega-6 oils (most vegetable oils) and not enough Omega-3s
- Known food sensitivities (examples: fruit, gluten)

Supportive Foods/Beverages

- Ceylon cinnamon
- Apple cider vinegar
- Green tea, especially matcha

Antioxidant “Helper”- Selenium Rich Foods

- Brazil nuts
- Oats
- Pinto beans
- Navy beans
- Halibut
- Chicken
- Wild-caught salmon
- Spinach

This content is being provided for informational purposes only. This is not meant to be a substitute for professional medical advice, diagnosis or treatment. Face Reality is not offering, recommending, or endorsing any specific dietary guidelines, prescription drug, pharmacy or other information on the site. Face Reality provides no warranty for any information. Please seek medical advice before starting, changing or terminating any medical treatment.

Foods/Beverages That May Provide Anti-Inflammatory Support

GENERAL

- Turmeric
- Ginger
- Green tea (especially matcha)
- Ceylon cinnamon
- Apple cider vinegar

FOODS HIGH IN VITAMIN B3

- Cremini mushrooms
- Tuna
- Chicken breast
- Fish (halibut, salmon, sardines)
- Leafy greens
- Asparagus

FOODS HIGH IN OMEGA-3

- Fatty fish
 - Salmon
 - Sardines
 - Atlantic mackerel
 - Anchovies
 - Herring
 - White fish
 - Omega-3 enriched eggs
 - Walnuts
 - Deep leafy greens: spinach, kale, watercress
- Blueberries
 - Hemp seeds
 - Mustard seed
 - Brussel sprouts
 - Winter squash
 - Navy beans

A well-balanced low-glycemic diet can support all aspects of health, including your skin.

This content is being provided for informational purposes only. This is not meant to be a substitute for professional medical advice, diagnosis or treatment. Face Reality is not offering, recommending, or endorsing any specific dietary guidelines, prescription drug, pharmacy or other information on the site. Face Reality provides no warranty for any information. Please seek medical advice before starting, changing or terminating any medical treatment.

Pore-Clogging Ingredients

Below is a list of ingredients that can be found in skincare products, makeup, and hair products that can clog your pores and may exacerbate acne. *Always check the ingredients of any non-Face Reality products you use on your skin or hair, even if it says “Won’t Clog Pores” or “Non-Comedogenic” on the bottle.*

Natural oils can be some of the worst offenders (like cocoa butter and coconut oil) and are found in many “organic” skin care lines. Other oils such as jojoba, olive, and lanolin are mildly comedogenic and can be a problem if formulated with other comedogenic ingredients. Some prescription products like the cream form of Retin-A, as well as many over-the-counter acne medications also contain pore clogging ingredients. “Oil-free” products can be formulated with pore-clogging ingredients. The following list is meant as a guideline

- Acetylated Lanolin
- Acetylated Lanolin Alcohol
- Algae Extract
- Algin
- Butyl Stearate
- Carrageenan
- Cetyl Acetate
- Cetearyl Alcohol + Cetearth 20
- Chondrus Crispus (aka Irish Moss or Carageenan Moss)
- Chlorella
- Coal Tar
- Cocoa Butter
- Coconut Alkanes
- Coconut Butter
- Coconut Oil
- Colloidal Sulfur
- Cotton Seed Oil
- D & C Red # 17
- D & C Red # 21
- D & C Red # 3
- D & C Red # 30
- D & C Red # 36
- Decyl Oleate
- Dioctyl Succinate
- Disodium Monooleamido PEG 2- Sulfosuccinate
- Ethoxylated Lanolin
- Ethylhexyl Palmitate
- Glyceryl Stearate SE
- Glyceryl-3 Diisostearate
- Hexadecyl Alcohol
- Hydrogenated Vegetable Oil
- Isocetyl Alcohol
- Isocetyl Stearate
- Isodecyl Oleate
- Isopropyl Isostearate
- Isopropyl Linolate
- Isopropyl Myristate
- Isopropyl Palmitate
- Isostearyl Isostearate
- Isostearyl Neopentanoate
- Kelp
- Laminaria Digitata Extract
- Laminaria Saccharina Extract (Laminaria Saccharine)
- Laureth-23
- Laureth-4
- Lauric Acid
- Mink Oil
- Myristic Acid
- Myristyl Lactate
- Myristyl Myristate
- Octyl Palmitate
- Octyl Stearate
- Oleth-3
- Oleyl Alcohol
- PEG 16 Lanolin
- PEG 200 Dilaurate
- PEG 8 Stearate
- PG Monostearate
- PPG 2 Myristyl Propionate
- Plankton
- Polyglyceryl-3 Diisostearate
- Potassium Chloride
- Propylene Glycol Monostearate
- Red Algae
- Seaweed
- Shark Liver Oil (Squalene)
- Shea Butter
- Sodium Laureth Sulfate
- Sodium Lauryl Sulfate
- Solulan 16
- Sorbitan Oleate
- Soybean Oil (Glycine Soja)
- Spirulina
- Steareth 10
- Stearic Acid Tea
- Stearyl Heptanoate
- Sulfated Castor Oil
- Sulfated Jojoba Oil
- Wheat Germ Glyceride
- Wheat Germ Oil
- Xylene



Client Agreement Form

Please initial the statements below and sign at the bottom.

_____ We must adjust your home care routine every 2 weeks to keep your progress to clear skin moving forward. If we don't change how you use your home care often enough, your skin will adapt to the routine and stop responding (in other words, you won't get clear). I agree to contact my Acne Expert to adjust my home care routine at least every 2 weeks.

_____ Each time we strengthen your home care, we run the risk of drying and irritating your skin, so you will need to communicate that to us if that happens. I agree to contact my Acne Expert if my skin gets uncomfortably dry and irritated.

_____ I will not use any other products that have not been approved by my Acne Expert while I am in their acne program.

_____ I will not change the routine given to me by my Acne Expert without notifying or consulting with them first.

_____ I will not run out of product while working with my Acne Expert. Skipping products (or running out) will cause acne to start forming inside the pores and it will come to the surface in 30 - 90 days.

_____ I will not have other skin care treatments while I am being treated by my Acne Expert.

_____ I will inform my Acne Expert of any medications/drugs that I start or stop taking while I am in their acne program.

_____ I will use my sunscreen every morning, whether I go outside or not. I can be exposed to UV rays through windows.

_____ I will not get sunburned or wind burned while being treated by my Acne Expert. (You will not be able to use your active products; and we will not be able to do treatments on you.)

_____ I will inform my Acne Expert if I elect to do any laser treatments or waxing for hair removal.

_____ (For women) - I will inform my Acne Expert if I become pregnant.

_____ **MOST IMPORTANTLY:** If we are unable to improve the condition of your skin due to factors beyond our control, but within yours, we reserve the right to decline treatments. (That is, if you are not following our instructions pertaining to home care, doing your home care, lifestyle issues, etc.)

I, _____, hereby agree to all of the above policies.

Date _____

Client Questionnaire

YOUR INFORMATION

Name _____ Age _____ DOB _____ Ethnicity _____

Address _____ City _____ State _____ Zip _____

Cell Phone _____ Other Phone _____ Email _____

Please indicate if you have used any of the medications or drugs listed below in the last 2 years, when they were used, and for how long you used them.

MEDICATION	WHEN	HOW LONG	MEDICATION	WHEN	HOW LONG
Antibiotics (oral)					
Antibiotics (topical)					
Accutane					
Benzoyl Peroxide					
Retin-A, Tazorac, Differin					
Thyroid medication					
Blood Thinning Meds					

Please list any other medications or drugs listed that you have used in the past 2 years and include when they were used, and for how long you used them:

MEDICAL HISTORY (PLEASE CHECK ALL THAT APPLY)

Herpes Simplex		HIV/AIDS		Hemophilia	
Eczema		Thyroid Problems		Lupus	
Psoriasis		Hormone Problems		Anemia	
Hepatitis		Hysterectomy		High Blood Pressure	
Cancer		Ovary(ies) Removed		Diabetes	
Staph Infection/MRSA		Pacemaker		Metal Pins in Body	

YOUR PRIMARY CARE PHYSICIAN:

Name: _____ Phone: _____

Are you under a dermatologist's or other physician's care? Yes__ No__

If yes, doctor's name: _____

LIFESTYLE CONSIDERATIONS

Have you ever had any reaction to any products or anything you have put on your face? Yes ___ No ___

If yes, what products? _____

Please check any of these you are allergic to: Sulfur ___ Aspirin ___ Latex ___

List any other allergies you know of: _____

Do you smoke/vape? Yes ___ No ___ If yes, what do you smoke _____

Do you use fabric softener or fabric softener sheets in the dryer? Yes ___ No ___

Do you swim in a chlorinated pool? Yes ___ No ___

Do you work around chemicals, tars, oils, grease or inks? Yes ___ No ___

Occupation: _____ Do you work nights? Yes ___ No ___

Are you currently under a lot of stress? Yes ___ No ___ (common stress triggers: job loss, new job, wedding, death in the family or close friend, graduation, long commute, heavily scheduled)

Do you use birth control pills, shots or use an IUD? Yes ___ No ___

If so, which do you use? _____ What brand of pill? _____

Are you pregnant or nursing? Yes ___ No ___

Do you have shaving irritation on your face? Yes ___ No ___

What type of razor do you use for shaving (i.e, double blade, triple blade, rotary) _____

DIET - DO YOU CONSUME THE FOLLOWING?

FOODS	HOW OFTEN PER WEEK	FOODS	HOW OFTEN PER WEEK
Fast Food		Peanuts	
Processed Food		Sushi	
Salty Snacks		Kelp and Seaweed	
Milk/Yogurt		Miso Soup	
Cheese		Soy	
Whey or Soy Protein		Vitamins/Supplements	
Peanut Butter		Seafood	

Have you ever used any Face Reality Skincare products? Yes ___ No ___

If yes, please list the products:

Are you still currently using Face Reality Skincare products? Yes ___ No ___

PRODUCTS CURRENTLY USING - PLEASE PROVIDE PRODUCT NAMES

Cleanser	
Toner	
Serums	
Moisturizers	
Sunscreen	
Mask	
Foundation	
Blush	
Exfoliant(acids,serums,scrubs)	
Acne Medications	
Anything Else?	

OTHER TREATMENTS: WHAT ELSE HAVE YOU DONE FOR YOUR SKIN IN THE LAST 90 DAYS?

TREATMENT	WHEN?	WHERE?
Chemical Peels		
If so, what kind:		
Microdermabrasion		
Dermabrasion		
Laser Hair Removal		
Laser Rejuvenation/Resurfacing		
Skin Cancer Removal		
Facial Waxing		
Electrolysis		
Other:		

How did you hear about us? : _____