

Acne Treatments

Acne is a common skin condition that is caused by over production of the oil glands. This over production results in inflammation, which also can lead to common problems such as pimples, white heads, black heads and other issues with the skin. Although acne most commonly affects the face, patients may also have problems on the back and chest area as well. This can also lead to acne scarring. Those suffering with acne may have only a small area consisting of a few lesions or a larger area of coverage.

Who can get acne?

Although, it can begin as early as age six, most commonly people do not develop acne until their body goes through the hormonal changes of early teenage years. Acne can last through the teen years into the 20's with this happening in up to 40% of males and 50% females. Unfortunately for some people, acne can continue on or redevelop past the 20's and continue all the way into the 40's.

It is a common misconception that only those who had it early in life will develop it later in life. Even if you did not have acne as a teenager, you could very well develop this at some other point in life, and it continues to be a higher possibility for females than for males.

What is acne?

There are several factors that work together to cause the common skin condition known as acne. The main contributing factor is an over production of the sebaceous gland, commonly referred to as the oil gland. This combines with an overgrowth in production that occurs within the pores as well as the presence of bacteria, especially *Propionibacterium acnes*. This also is worsened by the inflammation resulting in agitated pus cells.

What are the causes of acne?

There are several things that can lead to having or being more prone to acne. Those who have acne breakouts may have one or a combination of these traits.

- Genetics can play a role, but it can also be things such as stress, certain medications or other things that come in contact with the skin as well as a diet that is high in glycemics.

- Exercise or other activities that cause the skin to secrete sweat or to be more productive in creating oils is yet another factor that causes acne.

There are other reasons you may notice you have developed acne, and if you have recently had any changes in your habits or lifestyle or started using different products, you should make your dermatologist is aware of this.

What are some of the possible treatment options?

Actually, there is a wide variety of treatment options available these days for acne sufferers. You and one of our dermatologists will decide together which option may work best for you, although many patients may have to try different approaches or a combination of treatments to help reduce or alleviate their outbreaks. Some common treatments include:

- Acne peels
- Topical solutions
- Oral medications
- Microdermabrasion
- Laser treatments
- Vitamins
- Subcision
- Psychotherapy

Acne does generally become less noticeable or go away with time, but this time can take years. Leaving acne untreated may result in other problems that impact a person's self-confidence, likelihood to suffer depression or visible scarring that can last a lifetime. To help prevent this from happening, **seek professional treatment from one of our award winning dermatologists** today.

About Skin & Laser Surgery Center

Under the direction of Dr. Amir A. Bajoghli, Skin & Laser Surgery Center PC specializes in Laser & Dermatologic Surgery as well as Mohs Micrographic Surgery. Skin & Laser Surgery Center treats patients for all skin care concerns, including skin cancer surgery, cosmetic dermatology, sclerotherapy, laser peels, laser hair removal, hyperhidrosis, rosacea, and acne treatments.

Our Office Locations

Skin & Laser Surgery Center provides a full range of services at our four facilities located throughout the Greater Washington area.

Tysons Corner, VA

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Stafford, VA

(800) 264-2653
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Contact Us

Do you have a question about The Skin & Laser Surgery Center or our services? Please feel free to contact us at (703) 893-1114 or use one of the following links below.

Appointment Requests

Phone - (703) 893-1114

Web - <http://bderm.com/patients/appointment/>

Customer Feedback

Phone - (703) 893-1114

Web - <http://bderm.com/contact/feedback/>

Billing Questions

Phone - (703) 492-4140 x126

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