

# Laser Acne treatment

## • What causes Acne?

Acne is caused by the over activity of the sebaceous glands that secrete oily substances onto the skin. The sebaceous glands of people with acne are especially sensitive to the hormone testosterone, found naturally in both men and women. Testosterone in people prone to acne triggers these glands to produce an excess of sebum. At the same time, the dead skin cells lining the openings of the hair follicles (the tubes that hold the hair) are not shed properly and clog up the follicles. These two effects combined cause a build-up of oil in the hair follicles. This causes blackheads and whiteheads to form.

For some people, their acne does not progress beyond this stage. However in others, the build-up of oil in the hair follicles creates an ideal environment for a bacterium called *Propionibacterium acnes* (P. Acne) to grow. This causes infection and inflammation.

## • How does the treatment work?

The Nd:YAG Laser permeates the skin tissue and destroys the acne bacteria quickly and effectively. Treatment consists of the laser light targeting the blood vessels, causing a heating effect. This process releases growth factors, which stimulate the fibroblasts within the skin. This process has two effects; firstly (and most importantly in this application), oxygen is produced, which kills the anaerobic bacteria causing the acne. Secondly the skin is stimulated to produce collagen, which helps to even out scarring caused by acne and boosts the healing process causing the spots to disappear. The procedure is non-invasive, and skin cooling is used to reduce any discomfort.

## • Is it painful?

This treatment is usually well tolerated by clients of all ages, however an anaesthetic cream can be applied to numb the area being treated and reduce any discomfort.

## • How long does the treatment take?

On average it will take 20-30 minutes to treat the full face. This can be increased or decreased according to the size of the area affected. A course of up to four treatments may be recommended.

## • When will I notice results?

As with any skin treatment for acne it is very important to allow the treatment time to work and become effective. However, some clients have reported a visible reduction in the severity of eruptions within as little as two weeks. It is advisable to maintain an effective skincare regime at home following laser treatment for acne. The Nursing staff will also be happy to advise on a suitable regime for you to continue to improve the condition of your skin. Regular evaluations will be offered to ensure the treatment is working for you.

- **Are there any risks or side effects during or following treatment?**

The risks associated with laser treatment will be explained to you and discussed in detail during your consultation. These risks are minimal and all laser operators at Kings Cosmetic Clinic are either Nursing or medically trained with additional training in laser treatment.

For more information or a no-obligation consultation, please call or email us, or stop by and see us at the clinic:

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