

Nuveau Medical Aesthetics

Guide to an Acne-Free Lifestyle

It is recommended that you begin to implement these changes into your routine as soon as possible in conjunction with treatments. Pace yourself, and gradually add each new routine over a six-month time period. This will help you ease right in!

1. **Get enough sleep.** Average sleep requirements vary; however, adults typically need between 7 and 9 hours of sleep every night. Losing sleep can bring on a number of health problems, and can exacerbate acne flare-ups. Visit The National Sleep Foundation at www.sleepfoundation.org for more details.
2. **Maintain a well-balanced diet.** Foods containing iodides such as salty snacks, processed foods, fast food, cheese and other dairy products, iodized salt, MSG, soy salt, kelp, sea weed, hormone-laden foods such as wheat germ and peanut products, and vitamins containing these ingredients are all known acne irritants. Check with your doctor to find out whether or not these should be eliminated from your diet, as well as how to maintain a well-balanced diet.
3. **Drink plenty of water!**
4. **Exercise regularly!**

** Remember, your skin is your largest organ, and the last one to receive nutrients. If your body is malnourished in any way, it is likely that you will notice it in your skin first! Please examine the first four points in relation to your current lifestyle before making further steps. ***If a healthy lifestyle isn't a priority, any further treatments or products will be less effective.***

5. **Supplement.** If your body is missing any necessary nutrients, this can affect the health of your skin. Many of these missing nutrients can be replenished through consumption of vitamins and other nutritional supplements. It is best to get a customized evaluation from your healthcare professional.
6. **AVOID SUN EXPOSURE** and use a water-based sunscreen daily. Many clients with acne worship the sun for its “drying” effects. These clients are investing in a very dangerous form of treatment. It is no secret that sun exposure can cause premature aging, hyper pigmentation, and skin cancer, as well as a weakened immune system. Sun exposure can also worsen the effects of acne, and increase both the risk of scarring as well as darken pre-existing scars. Please consider your safety and take sun exposure seriously. See how your current sunscreen stacks up at www.ewg.org

7. **Scrutinize the ingredients in your products!** Look for “non-comedogenic” on the label. The more often you use a product, the stricter you need to be about its ingredients. Check with your skincare professional for details or a list of ingredients to avoid.
8. **Wash your pillowcases, sheets, and towels routinely.** Use of dirty linens causes deposits of dirt, oil, and bacteria to be repeatedly transferred onto your skin. The more severe the acne, the more often linens should be washed.
9. **Train yourself to be aware of the items that may harbor bacteria,** and clean or eliminate your use of them. Clean phones with antibacterial sanitizer daily. Sponges, brushes, even our own fingers and hands can harbor huge amounts of bacteria, so always make sure they are clean before they come into contact with your skin.
10. **Avoid abrasive (or gritty) exfoliates** and switch to chemical exfoliates (AHAs, BHAs, chemical peels, enzymes, etc). Abrasive exfoliates can cause inflammation and infection in acne sufferers.
11. **Consistency is crucial.** Follow your instructed home care routine daily. Try not to ever miss a day. You are the first line of defense against acne!
12. **Invest in professional treatments.** There are many treatments available that are very highly effective in the fight against acne. It is a good idea to develop a trusting relationship with the professional skin care provider of your choice. Together, the two of you can come up with a customized plan to fight back that meets your skin’s specific needs, as well as your personal and financial needs.

You’re off to a great start! Remember: this is a journey, and these changes won’t always happen overnight. Be patient with yourself, and don’t give up! You have already taken the first steps in the right direction.

Good luck!

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