



There are a variety of prescription medications both topically and orally that address these targets. The mainstay of treatments are keratolytics that breakdown the skin cells that clog the pores and antibacterials that address the bacteria, but are also anti-inflammatory. These come in different strengths and vehicles depending upon patient severity and tolerance. The key is to balance efficacy and side effects. A newer treatment is the Isolaz™ treatment, a photopneumatic device that harnesses light (photo) and vacuum extraction (pneumatic) to target the many facets of acne. A beam of broadband light is used to kill the acne-causing bacteria while the vacuum cleanses the pore by removing sebum and skin cells. The added bonus is that the heat also remodels the sebaceous gland and slows its production of oil. It is nice to have this option and shy away from the side effects of ingestible and topical medications.

Acne may not be cured, but controlling it with safe and tolerable alternatives is very satisfying. There is also an added bonus of an individual who can put their best clear face forward and let their inner confidence show through.\*



*Dr. Anderson is a Board Certified Dermatologist and a partner in Dermatology & Oculoplastic Consultants (DOCS) in Sarasota.*

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