

Table of Contents

Abbreviations	9
Introduction	11

PART I CLINICAL MANIFESTATION

1.1. Acne evolution and stages	14
1.2. Clinical types of acne not to be treated by aesthetician	17
Résumé	20

PART II EXAMINATION & DIAGNOSIS

1.1. General examination and anamnesis gathering	22
1.1.1. What to look for besides the lesions	22
1.1.2. What to ask the patient at the first visit	23
1.2. Laboratory tests (<i>Albanova V.I.</i>)	23
1.2.1. Sex hormone tests	23
1.2.2. Microbiological tests	25
1.2.3. Before planning systemic retinoid therapy	26
Biochemical blood test	26
Pregnancy test	26
1.2.4. Before prescription of combined oral contraceptives (COCs)	27
1.2.5. Before physiotherapy	27
1.2.6. Laboratory monitoring during retinoid therapy	27
1.3. Differential diagnostics	28
1.3.1. <i>Malassezia</i> folliculitis	28
1.3.2. Demodicosis	30

1.3.2. Rosacea	31
Résumé	33

PART III

ETIOLOGY & PATHOGENESIS

1.1. Oily skin-related dermatoses	35
1.2. Seborrhea.....	36
1.2.1. Causes	36
1.2.2. Signs and symptoms	36
Oily seborrhea	37
Dry seborrhea	37
1.3. Acne	37
1.3.1. Causes	39
Hormonal factor	39
Psychogenic factor.....	40
Immune factor	40
Biochemical factor.....	41
Anatomical factor.....	42
Microbiome factor	43
1.3.2. Pathogenesis	44
Résumé	45

PART IV

SKINCARE AND AESTHETIC METHODS & TREATMENTS

Chapter 1. Oily skin	48
1.1. General recommendations	48
1.1.1. Identifying the cause and prescribing pathogenetic therapy ..	48
1.1.2. Special nutrition.....	48
1.1.3. Health promotion	51
1.2. Peculiarities of hygiene and skincare	51
1.2.1. Cleansing	51
Dissolving surface impurities: cleansing agents	52

Sebum absorption: absorbents	52
Pore cleansing	53
1.2.2. Restoring the keratinization/desquamation balance and preventing hyperkeratosis	53
Exfoliation.....	54
Restoring the lipid barrier: physiological lipids.....	54
1.2.3. Normalizing the regulation of sebum production	55
Restoring the local hormonal regulation	55
Direct regulation of sebocyte activity	56
1.2.4. Modulation of the skin's immune status	57
Anti-inflammatory measures.....	57
Modulating skin immunity	59
1.2.5. Normalizing the skin microbiome	60
1.2.6. Moisturizing	60
1.2.7. Protection	61
Résumé	62
Chapter 2. Acne-prone skin	63
2.1. Drug therapy	63
2.1.1. Retinoids	64
2.1.2. Antibiotics	67
2.1.3. Glucocorticosteroids	70
2.2. Topical formulations	70
2.2.1. Benzoyl peroxide	70
2.2.2. Salicylic acid.....	72
2.2.3. Azelaic acid	73
2.2.4. Non-comedogenic emollients	75
2.3. Cosmetic products and aesthetic procedures	76
2.3.1. Cleansing	77
Deep cleansing (comedones extraction)	77
Superficial cleansing (exfoliation)	77

2.3.2. Chemical peeling	79
Keratolytic peeling.....	79
Acid peeling	80
Enzymatic peeling	83
Retinol peeling	84
2.3.3. Phototherapy (<i>Sharova A.A., Bragina I.Yu.</i>)	85
Low-level laser (light) therapy (LLLT)	86
High-energy laser therapy.....	86
2.3.4. Photodynamic therapy (PDT)	89
2.3.5. Plasma shower	90
2.3.6. Intradermal injections	91
Mesotherapy	91
Placenta injections.....	91
Ozone therapy	92
Organofluorine compounds.....	92
2.4. Nutraceuticals	93
2.5. Causes of acne treatment failure and the importance of psychological correction (<i>Nikolaeva N.N.</i>)	95
2.5.1. What does "ineffective treatment" mean?.....	95
2.5.2. Unproven therapeutic effectiveness of the prescribed topical formulation	96
2.5.3. Unreasonable prescribing of a topical drug.....	97
2.5.4. Violation of the rules for the topical medication application by the patient	97
2.5.5 The formal nature of the doctor-patient relationship	99
2.6. Combined approaches in the treatment of moderate to severe acne (clinical examples)	101
2.6.1. Lasers and retinoids	101
Low-dose isotretinoin and fractionated Er:glass laser (1550 nm) in the treatment of moderate to severe acne	102
Laser therapy against systemic isotretinoin in the treatment of conglobate acne (<i>Kalashnikova N.G., Albanova V.I.</i>)	104

2.6.2. Laser therapy in acne resistant to medication	112
2.6.3. Drug therapy in combination with skincare and correction of the psychological status (<i>Nikolaeva N.N.</i>)	114
Résumé	119
Chapter 3. Post-acne	121
3.1. Symptoms and risk factors.....	121
3.2. General approaches to post-acne prevention and treatment	122
3.2.1. Enlarged pores	122
3.2.2. Post-acne scars	123
3.2.3. Pigmentation and congestive spots.....	125
3.3. Light therapy (<i>Urakova D.S., Kalashnikova N.G.</i>)	126
3.3.1. Scar treatment	126
Atrophic scars	128
Hypertrophic and keloid scars	130
3.3.2. Post-acne pigmentation	132
3.3.3. Post-procedure recommendations	133
3.4. RF therapy	133
3.5. Microneedling	135
3.6. Dermabrasion and microdermabrasion	136
3.7. Dermal fillers	137
3.8. Mesotherapy, biorevitalization, carboxytherapy.....	138
3.9. Chemical peeling	138
3.10. Cosmetic products	139
Résumé	141
References.....	142