

# Getting Clear and Staying Clear

When your skin is not getting clear in the typical amount of time for your acne type, we must become “acne detectives” to discover what may be hindering your progress. There are several areas that we review to determine how we can make improvements to your treatment plan. Often, simple changes to your product usage and lifestyle habits can dramatically improve your skin. Listed below are the most common reasons why individuals have difficulty getting clear.

## PRODUCT USAGE

Using your home care products correctly and consistently has the most impact in getting your skin clear. We facilitate the process with treatments including extractions and **80%** of the clearing process is doing your home care routine as instructed. Here are some reasons you may not be clearing related to product usage:

- Do you use your products inconsistently or do you skip your routine?
- Do you run out of products regularly?
- Do you check in to adjust your routine at two-week intervals if you cannot come in for an acne treatment?
- Do you change your routine without consulting your Acne Expert?
- Are you using non-Face Reality products?
- Are you using comedogenic (pore-clogging) makeup?
- Are you using comedogenic (pore-clogging) hair care?
- Are you taking any recommended supplements?

## LIFESTYLE ISSUES

Here are several lifestyle issues that were in your consultation packet that are worth reviewing. These may be contributing to your chronic breakouts:

- Are you using fabric softener in the washer and/or the dryer?
- Are you consuming dairy/soy products: milk, cheese, yogurt, whey or soy protein shakes, sushi, seaweed, iodized salt, spirulina, or chlorella? Start a food journal and track what you are ingesting.
- Are you taking vitamins or supplements that may contain iodides and/or biotin?
- Are you taking any medications or drugs or have any medical condition that you haven't yet disclosed to us?
- Do you regularly wear hats, helmets, or shoulder pads?
- Are you under more stress than usual and/or getting enough sleep?
- Are you on birth control pills or other birth control methods that are more often associated with exacerbating acne?

We will do everything in our power to help you get clear skin, but client cooperation is an essential component of our program. If we are unable to improve the condition of your skin due to factors beyond our control, but within yours, we reserve the right to decline treatments until you address these critical issues. Please take care to resolve the issues checked above before your next appointment so that we can work together to improve the health and clarity of your skin.

**I understand my role in clearing my skin and agree to address the issues checked above before scheduling my next appointment.**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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