

BIODERMA

LABORATOIRE DERMATOLOGIQUE



**LIVE BETTER WITH YOUR
SEVERE ACNE UNDER
DEHYDRATING TREATMENT**



N A O S
ECOBIOLOGY

| AT THE HEART OF DERMATOLOGY

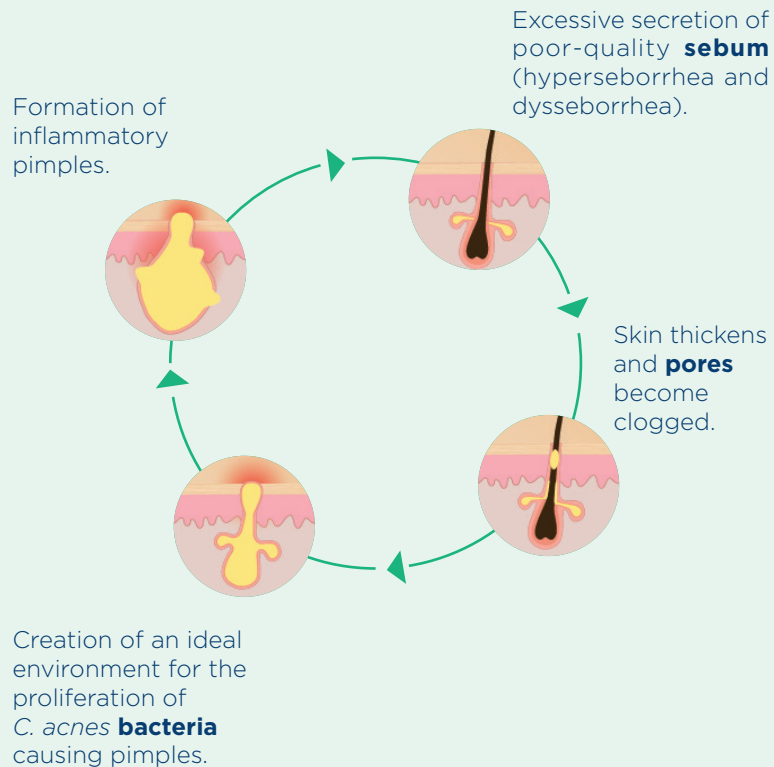
WHAT IS ACNE?

Acne is a common skin problem manifested by a combination of :

- **Blackheads** (open comedones)
- **Whiteheads** (closed comedones)
- **Pimples**

It is most often localised on the **face**, but can also be found on the **back**, **neck** or **chest**.

ACNE : A VICIOUS CIRCLE



FOCUS ON SEVERE ACNE

What does it look like?



SOME DATA ABOUT ACNE

Average age of onset :

♀ **14^{y.o}**

♂ **16^{y.o}**

80% Of teenagers are affected by acne*

20% Of patients suffer from moderate to very severe acne*

DEBUNKING MYTHS ABOUT SEVERE ACNE



CLEANSING YOUR FACE SEVERAL TIMES A DAY ELIMINATES ACNE

Excessive cleansing can irritate your skin and disrupt the cutaneous barrier, aggravating imperfections. Gentle cleansing, twice a day, is enough to remove all impurities without overstressing your skin. Avoid scrubs and cleansing instruments such as brushes.



OVER-MOISTURISING YOUR SKIN CLOGS PORES AND PROMOTES ACNE

On the contrary, daily application of an adapted moisturising cream is recommended, particularly for better tolerance of prescribed treatments. Choose a deeply nourishing, non-comedogenic cream.



SCARS & MARKS ARE UNAVOIDABLE

It is possible to prevent the formation of post-acne marks and scars. To do so, strict adherence to your treatment is essential. Yet, prescription acne treatments often increase skin sensitivity to sun. To avoid further damage to your fragile skin and prevent post-acne pigmentation, seek shade and apply high sun protection.



SOME ESSENTIAL OILS ARE SUPER EFFICIENT

Essential oils may have a very strong effect on skin, some even causing more inflammation. Under prescription treatment, your skin is already fighting a lot of inflammation, so follow your dermatologist's recommendation and keep essential oils away from your skin!



DIET MAKES NO REAL DIFFERENCE

Although the link is complex, a diet low in refined sugars and dairy products may help reduce flare-ups for some people.



ADOPT AN APPROPRIATE ROUTINE

1 CLEANSE YOUR SKIN

Touching your skin may be difficult and painful, but cleansing it is essential to your daily routine. Prefer a gentle, nourishing, friction-less foaming cleanser specially formulated for dehydrated acne-prone skin.

2 TAKE CARE OF YOUR SKIN

While taking your prescription treatment, your skin may feel dehydrated, tingling, itching, burning or very painful. To try and counteract these discomfort sensations, choose a highly nourishing care specifically formulated for dehydrated acne-prone skin under treatment.

3 DON'T FORGET YOUR LIP CARE!

Instantly soothe, repair and nourish your lips to avoid cracks and pain.

4 PROTECT FROM SUN

Seek shade as much as possible and use appropriate sun protection with a high to very high SPF. This will protect your fragile skin and help prevent the formation of marks.

BIODERMA'S SOLUTION FOR SEVERE ACNE UNDER DEHYDRATING TREATMENT



SÉBIUM HYDRA CLEANSER

This frictionless cleansing balm restores skin comfort during ultra-drying acne treatments. It gently cleanses thanks to its gentle surfactants. It soothes the skin and ensures continuous hydration for 24 hours.

LATHER AND RINSE 200 mL



SÉBIUM HYDRA

This deeply nourishing care compensates the side effects of dermatological treatments. Its moisturising agents combat flaking and tightness. It soothes skin, reduces redness and prevents imperfections.

DAY AND/OR NIGHT 40 mL



CICABIO LIP REPAIR

It restores damaged lips, provides in-depth repair, intense nourishment and instant soothing. Clinically proven efficacy under dehydrating acne treatment.

REPAIRS CRACKED LIPS 10 mL



PHOTODERM XDEFENSE ULTRA-FLUID SPF50+

This is the first* invisible detox suncare for a global protection against environmental aggressors, sun & pollution.

ALL SKIN TYPES 40 mL

