



ELLE

The Ultimate Guide To Adult Acne

For a solid 23 and a half years, my skin was on its best behavior. Occasionally, I'd have a mild breakout, but it usually resolved within a week without much effort. And then suddenly, around six months ago, my skin launched a full-on revolt. No sooner would a pimple on my chin fade away than another one would pop up next door. They were painful and unpleasant, and my usual tactic of going about my business was not solving anything.

Additional in-office treatments can include light therapy, lasers, and peels for patients who are not interested in oral or topical medication. For example, "064nm lasers such as the [Aerolase Neo Elite](#) help reduce inflammatory acne. People start seeing improvement after 48 hours. Usually, multiple treatments are needed, and this is mostly good at treating flares. The new kid on the block is a laser called [AviClear](#). It is a laser that downregulates the sebaceous gland. Excellent data shows long-term improvement after three sessions," says Dr. Lal.



EXCELLENT DATA SHOWS **LONG-TERM**
IMPROVEMENT AFTER THREE SESSIONS