



EXTRACTION INFORMATION

Types of Blockages

If you have blocked pores (comedones) or small cysts (including milia) this treatment is suitable for you. A blocked pore (medically known as a comedone) is a white, yellow or blackish bump in the skin, usually found on the face and sometimes the trunk.

Blocked pores are a common finding in acne and are the precursor to all other acne lesions and cysts. Blocked pores are caused by excess skin turnover and oils accumulating in the duct of the pore. They are not the result of poor hygiene or external products, as commonly thought. When the substance found in these bumps is exposed to air, it will darken, giving the appearance of a “blackhead”. In contrast, “whiteheads”, known as closed comedones, are pores that are filled with the same material, but sit deeper and lack a small opening to the skin surface.

The Treatment

Comedones can be removed through a minor procedure called “extractions”. This is performed by our skin therapists. In most cases local anaesthetic numbing cream is applied to the skin 1 hour prior to having extractions to aid with discomfort. The cost of the procedure is \$80 - \$110, depending on the size of the area being treated and the amount of extractions being performed.

During the procedure, some patients will experience a stinging sensation and tenderness due to pushing on the affected area. There are different methods for extractions depending on the type of acne but generally the procedure is well tolerated. After the procedure, patients may experience redness and inflammation in the area for 1 – 3 days. It is important to treat the skin gently during this time and not to pick at the treated skin.

Maintenance

As well as extracting existing lesions, ongoing treatment is required to minimise the formation of new lesions. This may include prescription medication (antibiotics) and/or appropriate skin care depending on the extent and severity of your acne lesions.

The right skin care ingredients will help to prevent further blocking of the pores and can reduce oil flow. Topical niacinamide and alpha + beta hydroxy acids are most commonly used for this purpose, but the right combination will depend on your skin. Regular medical grade peels, topical retinoids (Vitamin A) or benzyl peroxide may be required in some cases. Heavy moisturisers and excessive cleansing and scrubs should also be avoided.

Prescribed Treatments

As blackheads or blocked pores are a physical blockage in the skin, they will not clear with antibiotic treatments. There are, however, a number of other prescription treatments which may help.

If the lesions are deep, extensive or leaving any scars then an oral medication called isotretinoin (Roaccutane) may be required. This can only be prescribed by your Dermatologist. Extractions are often used in combination with isotretinoin to help clear the skin more quickly and manage breakouts during the treatment course.

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