

Acne as an inflammatory skin condition

If you are experiencing persistent or adult-onset acne, you are not alone, and it's not because you are doing something "wrong". One of the most common frustrations we hear is: "I'm using the right products, but my acne keeps coming back." The reason? Acne is rarely just a surface problem.



What actually causes acne

Acne is caused by a combination of factors:

- Inflammation within the hair follicle.
- Increased oil (sebum) production.
- Blockage of the pore with dead skin cells.
- Bacterial activity within the follicle.
- Oily cosmetics.
- Humidity.
- Heavy sweating.
- Problems with the ovaries or adrenal glands.
- Drugs such as: lithium, steroids. both prescription steroids and potentially harmful body-building steroids.
- Hormones, stress, and the menstrual cycle in women, all of which can influence oil production
- Hair products, skincare products, and makeup, which can clog pores

Adult skin is usually more sensitive, over-treating acne can disrupt the skin barrier and trigger more redness and breakouts.

Common misconception: "Drying out your skin will fix acne"

In reality, stripping the skin can cause more oil production and inflammation, leading to a cycle of recurring acne. Acne-prone skin still needs hydration, barrier support, and gentle care, not just spot treatments.

Results
80%

of patients said they noticed an improvement in acne scars in the treated area at one month post-treatment



How acne and acne scarring can be treated

Medical-grade chemical peels

To help reduce congestion, improve skin texture and calm inflammation.

Laser treatments

Used to target active inflammation, post-acne redness and pigmentation, and to stimulate skin renewal.

Microneedling

To support collagen production and improve the appearance of acne scarring and uneven texture.

To find out what treatments are right for you, call the clinic to book a consultation with Elena Maxim, our Laser and Aesthetic practitioner.

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