

## Acne Care Sheet

- DO NOT USE SCRUBS, SPINNING BRUSHES, HARSH TONERS
- DO NOT USE ACNE MEDICATIONS IF PREGNANT OR PLANNING PREGNANCY

### STEP 1: Wash face and/or acne prone areas BOTH MORNING AND NIGHT.

Skin Oasis Dermatology Cleansers	Over the Counter
<b>Trihydroxy Cleanser</b> <b>GlyClear</b> <b>Soothing Cleaner</b> <b>Pigment Bar</b> <b>Blemish Control Bar</b> <b>SkinCeuticals Gentle Cleanser</b> <b>SkinCeuticals LHA</b>	<p style="text-align: center;"><b>Acne Cleansers</b></p> Neutrogena Pink Grapefruit or Green Tea Wash Clean and Clear (bleaches fabrics) <p style="text-align: center;"><b>Gentle Cleansers</b></p> Purpose, Cetaphil, Cerave, Aveeno, Neutrogena Ultra Gentle or Naturals, Ambi, LoRoche-Posay

### STEP 2: Apply pea-sized amount of the medications to the ENTIRE face and/or acne prone skin, avoid eye area.

<b>Daytime – Entire Face</b>  Cleocin T/Evoclin/Clindacin (Clindamycin) Epiduo Forte (bleaches fabrics) Aktipak (bleaches fabrics) Aczone Onexton (bleaches fabrics) Neutrogena Rapid Clear Spot Treatment	<b>Nighttime – Retinoids to Entire Face (PEA-SIZED AMOUNT ONLY)</b> <b>Skin Oasis Dermatology Melanage 2 Cream</b> <b>SkinCeuticals Retinol 0.3, Glycolic 10</b> Retin-A, Atralin, Ziana, Veltin (Tretinoin) Differin (Adapalene) Tazorac (Tazarotene) Finacea (Azelex) Aklief (Trifarotene) <p style="text-align: center;"><b>Dark Spot Destroyer</b></p> <b>Melanage Stick</b> or Hydroquinone compound APPLY ONLY TO DARK SPOTS AT NIGHT
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### 3: DAY: Apply a moisturizer with sunscreen. NIGHT: Apply a hydrating moisturizer.

Skin Oasis Dermatology	Over the Counter
Hydrate Moisturizer Skin Oasis BB Light/BB Bronze Skin Oasis Tinted/Sheer Sunscreen SkinCeuticals Triple Lipid 2:4:2 SkinCeuticals Metacell B3 Moisturizer	Neutrogena Hydroboost LaRoche Mineral Sunscreen, Blue Lizard Oil of Olay Complete –SPF 15 for sensitive skin Aveeno Soy Complex, Ambi, Cetaphil, Cerave

### STEP 4: Makeup should be hypoallergenic and noncomedogenic and is applied last.

- IT TAKES AT LEAST 2-3 MONTHS TO SEE IMPROVEMENT—BE PATIENT!
- Month 1 – Bootcamp for the skin. The treatment is whipping the skin into shape.

<b>Acne may flare before it starts to clear.</b> <u>Common symptoms:</u> redness, dryness, and peeling (it will go away). <b>Skin Dryness Hacks:</b> <ul style="list-style-type: none"> <li>• Use a facial moisturizer as much as needed.</li> <li>• Mix moisturizer and nighttime acne medicine in your hand and apply together</li> </ul>	<b>Continuation of Skin Dryness Hacks</b> <ul style="list-style-type: none"> <li>• Decrease usage of the retinoids to every other night or every second night</li> <li>• Stop the retinoid creams 1 week prior to waxing, a chemical peel, or laser therapy. You may restart your retinoid the same night as tolerated or as instructed.</li> </ul>
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