

These are very effective medications, but may cause a lot of irritation in the initial period.

### How to Use:

1. Wait about a half hour after washing/drying face before applying medication at bedtime. Applying onto moist skin may cause skin irritation.
2. Apply a **pea-size amount to the ENTIRE FACE** – this is not a spot treatment, but meant to prevent future problems. Avoid the eyelids, corners of the mouth and just around the nostrils. More is not better – more product will only cause irritation, preventing you from using the product more frequently.
3. If you are having irritation, start by applying the medicine every OTHER night initially, then transition to EVERY night, as your skin gets used to the medicine. If you are still sensitive, you may need to use the medication only twice weekly.
4. **Some irritation is normal. It is ok to use a moisturizer** with the medication. Look for moisturizers that say “oil-free” or “non-comedogenic” on the label. Good examples are Cetaphil lotion, Oil of Olay complete defense, Neutrogena oil free, or Lancome oil free. We highly recommend Elta MD® UV Clear Broad Spectrum SPF 46.
5. **Do not mix this medication with medicines containing benzoyl peroxide** as these medications break each other down and the medicine does not work. **Sun degrades this medication**, which is why we recommend use at night. Use any benzoyl peroxide products in the morning.
6. **Use mild soaps** to wash your face (Dove, Cetaphil, Purpose). We highly recommend Avene® Dermo-Cleansing Milk or iS Clinical® Cleansing Complex for everyday use. **Do not scrub or exfoliate your face**. Using harsh soaps, scrubbing and exfoliation will increase the dryness and prevent you from using your medication.
7. Make-up or any topicals you are using should have a description like “non-comedogenic” or “oil free” (check your labels).
8. Make sure you are using sun protection and sunscreen every day, as these products are photosensitizing.
9. If using these medications for acne, you may see worsening of the acne in the first month and the acne may be more red and noticeable. However, this period does pass. We need to give this medication 2 months of trying it before we say it has failed (it takes that long for the medication to have effects). Do not pick at your acne, as this will cause more scarring that lasts longer than the pimples.
10. While using these products, **waxing or the use of depilatories (an example is Nair) are not recommended, as they can cause a burn-type injury** to the skin without possible scarring.
11. **If you are pregnant or planning to get pregnant, discontinue your medication immediately**, and call our office for alternatives. Call with any further questions. Let us know if you are having any trouble. Do not stop the medication without consulting us.