

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
Trihydroxy Cleanser GlyClear Cleanser SOD Soothing Cleanser Pigment Bar Blemish Control Bar SkinCeuticals Gentle Cleanser SkinCeuticals LHA Cleanser	<p style="text-align: center;">Acne Cleansers</p> Neutrogena Pink Grapefruit Clean and Clear Acne Cleanser (bleaches fabrics) <p style="text-align: center;">Gentle Cleansers</p> Purpose, Cetaphil, Cerave, Aveeno, Neutrogena Ultra Gentle or Naturals, Ambi, LaRoche-Posay

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

<p>Daytime – Entire Face</p> Cleocin T/Evoclin/Clindacin (Clindamycin) Epiduo Forte (bleaches fabrics) Aczone Amzeeq Onexton (bleaches fabrics) Neutrogena Rapid Clear Spot Treatment SkinCeuticals Phloretin CF SkinCeuticals CE Ferulic Koljilac-Cab Serum	<p>Nighttime – Retinoids to Entire Face (PEA-SIZED AMOUNT ONLY)</p> Skin Oasis Dermatology Melanage 2 Cream SkinCeuticals Retinol 0.3, Glycolic 10 Retin-A, Atralin, Ziana, Veltin (Tretinoin) Differin (Adapalene) Tazorac, Arazlo (Tazarotene) Finacea (Azelex) Aklief (Trifarotene) <p style="text-align: center;">Dark Spot Destroyer</p> Melanage Stick 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 Tinted/Sheer Sunscreen SkinCeuticals Triple Lipid 2:4:2 SkinCeuticals Metacell B3 Moisturizer Restorative Balm	Neutrogena Hydroboost gel cream LaRoche Double Repair Moisturizer UV, Blue Lizard Oil of Olay Complete –SPF 15 for sensitive skin Aveeno Soy Complex, Ambi, Cetaphil, Cerave Sheer Mineral sunscreens: Aveeno, Neutrogena, Laroche Posay

STEP 4: Makeup should be hypoallergenic and noncomedogenic and should be 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.

<p>Acne may flare before it starts to clear. <u>Common symptoms:</u> redness, dryness, and peeling (it will go away). Skin Dryness Hacks:</p> <ul style="list-style-type: none"> • Use a facial moisturizer as much as needed. • Mix moisturizer and nighttime acne medicine in your hand and apply together 	<p>Continuation of Skin Dryness Hacks</p> <ul style="list-style-type: none"> • Decrease usage of the retinoids to every other night or every second night • 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.
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