

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 Cleansers
SOD Trihydroxy Cleanser (salicylic, malic, mandelic acids) SOD GlyClear Cleanser (glycolic acid) SOD Soothing Cleanser SOD Benzoyl Peroxide Cleanser Pigment Bar SkinCeuticals Gentle Cleanser SkinCeuticals LHA Cleanser (lactic acid)	<p style="text-align: center;">Acne Cleansers</p> Neutrogena Pink Grapefruit – salicylic acid Clean and Clear Acne Continuous Control Acne Cleanser, Panoxy, Cerave Acne Foaming Cream Cleanser – bleaches fabrics <p style="text-align: center;">Gentle Cleansers</p> Purpose, Cetaphil, Vanicream, Cerave, Aveeno, Neutrogena Ultra Gentle or Naturals, LaRoche-Posay Toleraine

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

Daytime – Entire Face	Nighttime – Retinoids, apply to entire face, avoid eye area
Cleocin T/Evoclin/Clindacin (Clindamycin) Epiduo Forte (bleaches fabrics) Aczone (Dapsone), Amzeeq, Zilxi Onexton (Clindamycin & BP - bleaches fabrics) Wenlivi (AM & PM) Erythromycin Neutrogena Rapid Clear Spot Treatment – over the counter (benzoyl peroxide - bleaches fabrics) SOD Kojilac-Cab Serum* SOD CE Ferulic* SkinCeuticals Phloretin CF* SkinCeuticals CE Ferulic*	<p style="text-align: center;">(PEA-SIZED AMOUNT ONLY)</p> SOD Melanage 2 Cream, SOD Retinol 0.05% SOD Blemish Control Stick (2-3x a day) & Blemish concealer use at night SOD Azelaic Acid & Niacinamide Complex SOD Detox Salicylic acid & Retinol Complex SkinCeuticals Retinol 0.3%, Glycolic 10 Overnight Retin-A, Atralin, Ziana, Veltin, Altreno (Tretinoin) Differin (Adapalene) Tazorac, Arazlo (Tazarotene) Finacea (Azelex) Akliel (Trifarotene) use ¼ - ½ of a pump <p style="text-align: center;">Dark Spot Destroyer</p> Melanage Stick or Hydroquinone compound APPLY ONLY TO DARK SPOTS AT NIGHT SOD Kojilac Eye Cream (AM & PM) SkinCeuticals AOX Eye Cream (AM & PM)
<small>*Vitamin C Serums should always applied first and then prescriptions in the am</small>	

3: DAY: Apply a moisturizer with sunscreen. NIGHT: Apply a hydrating moisturizer.

Skin Oasis Dermatology	Over the Counter
SOD Hyaluronic Acid Serum SOD Hydrate Moisturizer SOD Intensive Ceramide SOD Restorative Balm ISDIN Sheer Mineral Sunscreens SkinCeuticals Triple Lipid 2:4:2 SkinCeuticals Metacell B3 Moisturizer	Neutrogena Hydroboost gel cream LaRoche Posay Toleraine Double Repair LaRoche Posay Cicaplast Baume B5, Vanicream Lite Oil of Olay Complete –SPF 15 for sensitive skin Aveeno Soy Complex, Ambi, Cetaphil, Cerave, Blue Lizard Sheer Mineral sunscreens: Aveeno, Neutrogena, Laroche Posay, Cerave Hydrating Mineral Sheer Sunscreen

STEP 4: Makeup is the last step and should be hypoallergenic and noncomedogenic.

- **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. Acne may flare before it starts to clear as the medication is bringing out the acne that is under the skin.**
- Common symptoms: redness, dryness, and peeling starting in the second week and normally resolves by 1 month
- **Skin Dryness Hacks:**
 - Use a facial moisturizer as much as needed.
 - Mix moisturizer and nighttime acne medicine in your hand and apply together
 - Decrease usage of the retinoids to every other night or 3 times a week
 - As you feel that your skin has adjusted to the medications, increase to nightly as tolerated
 - Do not scrub or do aggressive treatments while on a retinol
 - **Stop your retinoid/retinol 1 week before a chemical peel, facial, mask, laser, waxing.** You may restart after the procedure based on the instructions of your physician and/or aesthetician.