

Acne Care Sheet

DO NOT USE ACNE MEDICATIONS IF PREGNANT OR PLANNING PREGNANCY

Step 1: Wash treatment areas (face, chest, back and arms).

Gentle Cleansers	Medicated Cleansers <i>*Can bleach fabrics</i>	Over the Counter Acne Cleansers
Ambi Aveeno Cerave Cetaphil Neutrogena Ultra Gentle or Naturals Purpose	Benzefoam* Benziq* Brevoxyl wash* Ovace Plus Wash	<u>Benzoyl Peroxide</u> Clean and Clear (purple and white tube) <u>Salicylic Acid</u> Neutrogena Pink Grapefruit Wash or Redness Soothing Wash

Step 2: Apply medications to the ENTIRE face and/or acne prone areas.

Daytime	Nighttime - Retinoids
Acanya (can bleach fabrics) Aczone Benzaclin (can bleach fabrics) Cleocin T/Evoclin/T stat (Clindamycin) Clindagel Duac (can bleach fabrics) Epiduo (can bleach fabrics, retinoid) Onexton	Azelex Differin Finacea Tazorac Tretinoin: Retin-A, Atralin, Tretin X, Ziana, Veltin, Refissa Hydroquinone compound – put directly to dark spots only. <u>Applied last.</u>

Step 3: Apply a facial moisturizer with sunscreen.

Ambi Aveeno Soy Complex Cerave Cetaphil Neutrogena Healthy Defense Neutrogena Pure Screen Oil of Olay Complete -sensitive skin
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Step 4: Makeup should be hypoallergenic and noncomedogenic and is applied last.

What to expect from the acne regimen?

- **IT TAKES AT LEAST 2-3 MONTHS TO SEE IMPROVEMENT—BE PATIENT!**
- **The first month is an adjustment period. Acne may flare during this time period before it starts to clear. As the skin adjusts to the acne regimen, you may experience some redness, dryness, and peeling. This is expected and will improve usually after using the medication for 1 month. To help with these symptoms:

 - Use a moisturizer as much as needed.
 - Apply a moisturizer the same time you apply your nighttime acne medication.
 - 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.**