

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
<p>Trihydroxy Cleanser - acne prone skin</p> <p>GlyClear - acne, anti-aging, and dark spot corrector</p> <p>Soothing Cleaner - sensitive skin and post chemical peels/laser/microneedling procedures</p> <p>Pigment Bar - dark spot corrector</p> <p>Blemish Control Bar - acne prone skin</p>	<p style="text-align: center;">Acne Cleansers</p> <p>Neutrogena Pink Grapefruit or Green Tea Wash Clean and Clear (can bleach fabrics)</p> <p style="text-align: center;">Gentle Cleansers</p> <p>Purpose, Cetaphil, Cerave, Aveeno, Neutrogena Ultra Gentle or Naturals, Ambi</p>

STEP 2: Apply medications to the ENTIRE face and/or acne prone skin.

<p>Daytime - Entire Face</p> <p>Cleocin T/Evoclin (Clindamycin) Epiduo Forte (can bleach fabrics) Aktipak (can bleach fabrics) Aczone</p>	<p>Nighttime - Retinoids to Entire Face (PEA SIZED AMOUNT)</p> <p>Skin Oasis Dermatology Melanage 2 Cream Retin-A, Ziana, Veltin (Tretinoin) Differin (Adapalene) Tazorac (Tazarotene) Finacea (Azelex)</p> <p>Dark Spot Corrector: Melanage Stick or Hydroquinone compound APPLY ONLY TO DARK SPOTS AT NIGHT</p>
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STEP 3: DAY: Apply a moisturizer with sunscreen. NIGHT: hydrating moisturizer.

Skin Oasis Dermatology	Over the Counter
<p>Hydrate Moisturizer PCA Weightless Sunscreen Skin Oasis BB Light/BB Bronze Tinted Sunscreens</p>	<p>Neutrogena Healthy Defense or Pure Screen LaRoche Mineral Sunscreen, Blue Lizard Oil of Olay Complete -SPF 15 for sensitive skin Aveeno Soy Complex, Ambi, Cetaphil, Cerave</p>

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.

<p>Acne may flare before it starts to clear. <u>Common symptoms:</u> redness, dryness, and peeling (it will go away). To help with these symptoms:</p> <ul style="list-style-type: none"> • Use a moisturizer as much as needed. • Mix moisturizer and nighttime acne medicine in your hand and apply together 	<p>Cont.</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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