

ACNE: EDUCATION AND INSTRUCTIONS

WHAT IS ACNE?

Acne is caused by four different factors: plugging of pores, oil production, bacteria that live in the pores, and inflammation. Acne treatments are aimed at reducing these four processes, and different medications help with different parts of the problem. That is why there is more than one thing you must do to improve your acne. Follow your acne treatment plan below.

IN THE MORNING:

WASH GENTLY WITH:

- CeraVe Cleanser* Cetaphil Gentle Skin Cleanser*
- Brevoxyl (Benzoyl Peroxide) Wash 4 -5%*
- Ovace Wash Rosula Wash
- Purpose* _____

TIP: Do not use a washcloth, scrubs, toners, exfoliating or abrasive “deep cleaning” products. Gently pad dry.

APPLY A SMALL AMOUNT OF:

- BenzaClin Duac Acanya

TIP: These products can bleach towels, clothing, bedding, carpets, etc., so be careful. Wash and then dry with a white towel after applying. Do not put on or remove clothing right after applying the medication.

- Clindamycin Lotion/Gel/Swabs Aczone Gel
- _____

TAKE:

- Doryx Doxycycline Solodyn
- Minocycline _____

TIP: Take with a full glass of water—best at least an hour before eating anything. Do not lie down within 1/2 hour after taking the medication. Watch out for the sun—this can make you more likely to get severe sunburn! Do not take if you are pregnant or planning a pregnancy.

For more information about acne, visit the American Academy of Dermatology website at <https://www.aad.org/search/?k=acne>

Please call us if you have any questions or concerns, or if you are taking pills for acne and develop a rash or do not feel well.

* Available over-the-counter

IN THE EVENING:

WASH GENTLY WITH:

- CeraVe Cleanser* Cetaphil Gentle Skin Cleanser*
- Brevoxyl (Benzoyl Peroxide) Wash 4 -5%*
- Ovace Wash Rosula Wash
- Purpose* _____

TIP: Do not use a washcloth, scrubs, toners, exfoliating or abrasive “deep cleaning” products. Gently pad dry.

APPLY A SMALL AMOUNT OF:

- Differin Retina-A Micro Tretinoin
- Tazorac _____

TIP: Take a pea-sized amount of this medicine, rub it on your fingers and smooth it over your face, starting with your forehead. Then apply to the sides of your face, chin, and finish with your nose and central cheeks. Start 2-3 times a week, then gradually work up to nightly as your skin gets used to the medication. Try using it every other night for a week or so, then 2 out of 3 nights, and so on. On the nights you don't apply the medication, you can apply nothing or a little plain moisturizer, such as Cetaphil lotion or CeraVe lotion. If your skin gets dry, flaky or otherwise irritated, skip the night; you can apply a noncomedogenic moisturizer instead.

Take:

- Doryx Doxycycline Solodyn
- Minocycline _____

TIP: Take with a full glass of water—best at least an hour before eating anything. Do not lie down within 1/2 hour after taking the medication. Watch out for the sun—this can make you more likely to get severe sunburn! Do not take if you are pregnant or planning a pregnancy.