

## ACNE SKIN CARE

### Morning Regimen:

1. Wash with a gentle facial cleanser or \_\_\_\_\_.  
Recommended facial cleansers include **Cetaphil, Aveeno** or **Purpose**.
2. Apply a thin film of \_\_\_\_\_. Then apply a facial moisturizer with sunscreen.  
Recommended facial moisturizers include **Cetaphil, Aveeno** or **Purpose**.
3. Take \_\_\_\_\_ 1 pill by mouth.

### Evening Regimen:

1. Wash with a gentle facial cleanser or \_\_\_\_\_.
2. Apply a thin film of \_\_\_\_\_. Then apply a facial moisturizer with sunscreen.
3. Take \_\_\_\_\_ 1 pill by mouth.

### Acne Facts:

- **Acne improves slowly with treatment.** It may take **4-8 weeks** of consistent use of medications to see results. It is important to be patient and to continue with the prescribed regimen.
  - **Most patients get a little worse when first starting acne treatment; this is expected.** This occurs during the first 2-4 weeks. Continue with your medications and do not get discouraged.
  - **Topical medications can cause the skin to be dry, pink or irritated.** This may occur during the first month of treatment. Tips to decrease the irritation include:
    1. Make sure your face is completely dry before applying the topical medication.
    2. Apply only a pea-sized amount of medication for the whole face.
    3. Avoid applying medication to the corners of the eyes, nose, and mouth.
    4. Use a facial moisturizer after applying the topical medication.
- If irritation still persists then decrease the frequency of application to 2-3 times per week. Then slowly increase to everyday as tolerated.
- Acne is NOT caused by diet (pizza, chocolate, etc). If a certain food seems to make your acne worse then avoid it.
  - DO NOT pick or squeeze your pimples. This can lead to scarring.
  - **Non-comedogenic** (non-acne causing) make-up should be used. Recommended brands include **Clinique** and **Almay**.
  - **STOP antibiotic pills and topical acne medications** if you become pregnant or plan on becoming pregnant. Notify our office if you are pregnant.
  - If you develop a rash or any other allergic reactions then stop the medications and notify our office.