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.**