

## ACNE Patient Treatment Handout

1. Wash your face in the morning and evening using lukewarm water.
2. Cleanse gently with a soap or cleanser applied with your hands. Do not use rough cloths, scrubbers or brushes. Examples of soaps/cleansers: Cetaphil cleanser, Dove soap, Neutrogena acne wash, Purpose cleanser
3. Avoid all abrasive products such as scrubs and masks.
4. Dry your face with a soft towel, patting the skin rather than rubbing.
5. Apply the topical medications to dry skin all over the areas that tend to develop pimples. Do not spot treat pimples. Morning medication: \_\_\_\_\_  
Evening medication: \_\_\_\_\_
6. If an oral antibiotic was given, take as directed. Remember that this antibiotic works as an anti-inflammatory and is treating inflammation and not an infection.
7. Avoid astringents and toners.
8. Use a moisturizer only if your skin feels too dry and appears flaky. The moisturizer should state on the label “oil-free” and or “non-comedogenic”. Moisturizers that contain SPF 30 and above are preferred. Examples of moisturizers: Cetaphil lotion, Purpose lotion, Neutrogena Facial lotion
9. Apply make –up products after applying the acne medications. All make-up products should state on the label “oil-free” and/or “non-comedogenic”.
10. Minimize sun exposure. Use sunscreen regularly. Apply sunscreen after applying acne medications. All sunscreens should state on the label “oil-free” and/or “non-comedogenic”.

### USING TOPICAL RETINOIDS (Retin A (tretinoin), Differin, Tazorac, Evita)

1. Use the medication every other night for the first two weeks. If after two weeks there is no redness or irritation, increase application to every night.
2. Wait fifteen to twenty minutes after cleansing your face at night before applying the medication. Your face may become red and irritated if you apply the medication too soon after washing your face.
3. Apply a “pea-sized” amount of medication to your index finger.
4. Gently rub a quarter of the medication into each quadrant of your face.
5. The medication should disappear into your skin quickly. If the medication doesn’t easily disappear, you may be using too much medication.

### Benzoyl Peroxide Wash

1. Use this product daily in the shower on your back and chest. If your skin becomes too dry, use it every other night.
2. It may be used on the face but can cause dryness. Avoid use on face if other medications were given for this area.

### A few Notes:

1. Occasionally acne will get worse when a new treatment is started. Treat through this and results will be seen.
2. Only movie stars treat a pimple and it goes away the next day. Treat the whole face as these medicines help in preventing breakouts.
3. A realistic expectation is 60% improvement at 6 weeks. These treatments are not magic; they take time and effort to work.