



ACNE CARE INSTRUCTIONS

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#1) WASH TREATMENT AREAS (FACE, CHEST, BACK, ARMS)

Gentle Cleansers:

- Obagi Gentle Cleanser
- Cetaphil Cleanser
- CeraVe Hydrating Cleanser

Acne Cleansers:

- Salicylic acid (Neutrogena Acne-Free)
- Benzoyl peroxide (Clean and Clear, Panoxyl – may bleach towels!)

#2) APPLY AM MEDICATION TO AFFECTED AREAS

Aczone

Duac (can bleach fabrics!)

Epiduo (can bleach fabrics!)

- Treat ALL acne-prone areas on face, even if they are clear

#3) APPLY A FACIAL MOISTURIZER WITH SUNSCREEN

- Obagi Matte Sunscreen
- Oil of Olay Regenerist
- Aveeno Positively Radiant
- Cetaphil Facial Moisturizer

- This prevents brown spots from acne scars!

#4) MAKEUP SHOULD BE HYPOALLERGENIC & NON-COMEDOGENIC & IS APPLIED LAST

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#1) WASH TREATMENT AREAS, AS ABOVE

#2) APPLY A FACIAL MOISTURIZER WITHOUT SUNSCREEN

- Obagi Hydrate
- Obagi Clenziderm
- Neutrogena Hydro Boost

- This prevents your skin from peeling and getting too dry.

#3) APPLY A SMALL PEA-SIZED AMOUNT OF PM MEDICATION TO ENTIRE FACE

Differin (adapalene)

Tazorac

Retin-A (tretinoin)

- Apply to all other affected areas on body.
- These medications can be irritating if used in excess – less is more!
- Start every other night and increase/decrease frequency as tolerated.
- STOP these creams 1 wk prior to waxing, peels, or laser treatment.

WHAT TO EXPECT FROM THE ACNE REGIMEN?

- It takes at least 2-3 months to see improvement – please be patient! Acne treatments are designed to *prevent new lesions* from forming, and it takes time for existing ones to resolve.
- Acne may flare before it starts to get better. If this happens, discontinue topical creams for 2-3 days and then restart as tolerated.
- As your skin adjusts to the regimen, you may experience some redness, dryness, and peeling. This is expected and will usually improve after 1 month as your skin becomes accustomed to the products.

ADDITIONAL NOTES:

- For those with acne on chest/back: be sure to change out of sweaty clothes and shower immediately after exercising.
- For those on oral antibiotics: 1) use sunscreen daily as your medication can increase sensitivity to the sun, 2) take your medication with food (avoid taking with milk, OJ, or vitamins as these products interfere with absorption), 3) take your medication with a large glass of water, and 4) stay upright for at least 1 hour after taking the medication.
- Do NOT squeeze or pick at pimples as they will create new scars and/or worsen existing scars.