



## Patient Instructions for Limited Facial Acne

Dr. James Lowe is not a dermatologist, but will initiate acne treatment for a limited period until you are able to be seen by a board certified dermatologist. Although much is understood about the treatment of acne, there is no known cure. The medications given to you by your doctor are capable of controlling the condition until the hormonal changes in your body are such that pimples cease to be formed. This usually occurs in your late teens and early twenties. However, many people continue to have acne well beyond those years. Picking will only lead to further complications and scarring.

Acne does not result from “dirty” skin. Therefore, wash only 2 to 3 times a day with soap and water. Do not use excessive scrubbing, abrasive (sandy) cleansers, or electronic scrubbing machines. In addition, the medications given to you by your doctor will have a drying effect on your skin and any excessive scrubbing will result in dryness. Also, many people notice a mild flare in their acne after beginning a new acne medication. This is normal and temporary. It often takes 6 to 12 weeks on a medicine before its effectiveness can be judged.

Use only non-comedogenic products on your skin. Look for non-comedogenic moisturizers with sunscreen such as Neutrogena, Purpose or Oil of Olay. The daily use of sunscreens can help to prevent your acne from leaving dark spots on your skin. For make-up, it is best to use powders. Second best are non-comedogenic Oil Free lines from Clinique, Neutrogena, or Oil of Olay.

**WARNING FOR WOMEN:** Nearly all acne medications, oral or topical, could result in birth defects and should not be taken while pregnant, if you are trying to become pregnant, or nursing. Oral antibiotics have been rarely reported to interfere with oral contraceptives that could result in pregnancy even while taking birth control pills. Use reliable contraception while on these medications if you are sexually active. Discontinue these medications and consult your physician if you become pregnant or are planning a pregnancy.

### INDIVIDUAL ACNE TREATMENT

Morning:

1. Wash face with Benzac/Plexion wash/Purpose/Dove and rinse completely.
2. Dry completely before applying medications.
3. Apply Benzaclin/Cleocin \_\_\_\_\_ and allow to dry.
4. Apply moisturizer with sunscreen and then make-up.
5. Take doxycycline/minocycline/tetracycline \_\_\_\_\_ orally if given.

Afternoon or

Evening

1. Wash face with Benzac/Plexion wash/Purpose/Dove and rinse completely.
2. Dry completely before applying medication.
3. Apply Benzaclin/Cleocin \_\_\_\_\_ and allow to dry.
4. Apply moisturizer with sunscreen and then make-up.
5. Take doxycycline/minocycline/tetracycline \_\_\_\_\_ orally if given.

Bedtime

1. Wash face with Benzac/Plexion wash/Purpose/Dove and rinse completely.
2. Dry completely before applying medications.
3. Apply Differin/Retin-A/Tazorac \_\_\_\_\_ and allow to dry.
4. Apply a non-comodogenic moisturizer
5. Wait ½ hour before going to bed so as not to rub off the medication.