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ACNE TREATMENT INFO

Wash your face in the morning and evening using lukewarm water. Cleanse gently with a cleanser applied with your hands. Do not use rough cloths, scrubbers or brushes. Recommended cleansers: CLN Acne wash, Alastin Gentle Cleanser, Cetaphil cleanser, CeraVe cleanser, SkinCeuticals Clarifying Cleanser, Neutrogena acne wash, Purpose cleanser.

Apply your topical medications after you have cleansed your face. Your prescription medications should always be the first topical on your face. Moisturizing after your prescription medications is strongly recommended. Use a moisturizer with sunscreen on a daily basis as many of these acne medications are drying and photosensitizing. Some recommended moisturizers are Elta MD UV Clear, CLN Moisturizer, and CeraVe AM.

If you are using a retinoid at night and your skin is getting irritated, red, or flaky, add a nighttime moisturizer, such as Alastin, CLN, PURE BioDerm or CeraVe PM to your regimen after you apply your retinoid.

Only use non-comedogenic (won't clog pores) and oil-free products.

USING TOPICAL RETINOID CONTAINING MEDICATIONS - Tretinoin (Retin-A, Ziana), Adapalene (Differin, Epiduo/Forte) Tazarotene (Tazorac, Fabior)

- 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. If you are becoming too irritated by the medication, wait 15-20 minutes after cleansing your face at night before applying the medication.
- Apply a "pea-sized" amount of medication to your index finger.
- Gently rub a quarter of the medication into each quadrant of your face.
- The medication should disappear into your skin quickly. If the medication doesn't easily disappear, you may be using too much medication.
- If this is still too irritating, apply the "pea sized" amount to face as above, leave on for 5 minutes, then wash your face with a gentle cleanser and moisturize as above. This is called "short contact therapy" and is effective.

BENZOYL PEROXIDE - Panoxyl 4% Creamy Wash, Neutrogena Clear Pore, Clean & Clear, etc.

- Use this product daily in the shower to acne-prone areas (face, chest, and/or back).
- If your skin becomes too dry, use it every other day.
- This product bleaches clothing and linens if not washed off completely.

ORAL MEDICATIONS - If an oral medication was prescribed, take as directed. Remember that antibiotics for acne are used for their anti-inflammatory properties and are treating inflammation, not an infection. Often taking probiotics with an antibiotic will help with gastrointestinal side effects that are common with antibiotics. Probiotics

are also anti-inflammatory and can be helpful for acne by themselves. Other oral medications used for acne include niacinamide, zinc, spironolactone, oral contraceptives, and isotretinoin. During your consultation, we may discuss these oral medications as needed.

RED & BLUE LIGHT THERAPY - Red and blue light therapy is also helpful for acne and may be used as either an in-office procedure or an over-the-counter device. Neutrogena Acne Mask is a great at home red and blue light mask. HydraFacial and extractions may also be paired with your routine treatment to enhance results.

DIET - Western diets and diets high in simple sugars and carbohydrates (white rice, white bread, pasta, sugar) can worsen acne. High-glycemic carbohydrates and chocolate can worsen acne, as can dairy, saturated fats, and trans fats that contribute to hormone production and inflammation, which can all exacerbate acne.

Eating low-glycemic foods made of complex carbohydrates may reduce acne. Protein supplements such as whey protein, can also worsen acne. Examples of these foods include whole grains, legumes, and unprocessed fruits and vegetables. Foods containing zinc, vitamin A and E, omega 3s, and antioxidants such as yellow and orange fruits and vegetables, spinach and other dark green and leafy vegetables, tomatoes, blueberries, whole wheat bread, brown rice, quinoa, beans, salmon and other fatty fish, and nuts are all considered anti-inflammatory and may reduce acne burden.

MAKEUP - Some makeups are more acne-causing than others. In specific, it is best to avoid cetearyl alcohol silicone derivatives and lanolin, which can clog pores. Acne-friendly makeup brands are oil-free and non-comedogenic. We recommend:

- Neutrogena SkinClearing Complexion Perfector
- Laura Mercier Blemish-less Foundation Primer
- GLAMGLOW GlowPowder Hyaluronic Acid-Infused Glow Palette
- ISDIN (ISDINCEUTICS) Pigment Drops, mixed with an oil-free moisturizer to blend a customized level of coverage
- It Cosmetics
- VMV Hypoallergenics

A realistic expectation is 60% improvement at 6 weeks and maximum effect at 8-12 weeks. Thus, we usually wait at least 8 weeks before changing a regimen to allow maximal efficacy to be reached. These treatments are not magic; they take time and effort to work and rely on your following your regimen every day. Acne will often get worse before better when a new treatment is started. Treat through this frustrating period and you will see results. Treat the whole face and NOT spot-treatment.

If you have any questions or concerns, please call the office at 203-635-0770.