

ACNE ACTION PLAN:

Cleansing Instructions: Wash your face morning and night. Use lukewarm water and your hands- no washcloths or scrubs. Gently pat dry.

AM	PM	CLEANSERS	Face	Chest	Back
		Cetaphil, Purpose, Neutrogena Ultra Gentle Cleanser			
		Neutrogena Oil-Free Acne Wash or OTC Salicylic Acid Wash			
		Benzoyl Peroxide wash (All available OTC) 4%-10%			

Topical Medications: Apply the medication to the skin area as indicated below and leave on (do not wash off). Apply to the entire area to be treated. Do not apply as spot treatment to individual pimples. When applying to face, use only a pea size amount and avoid the eyes and lips. Start three nights a week and increase to every day. If you develop dryness or irritation, either decrease how often you apply the medication OR mix the medicine with a facial moisturizer listed below.

AM	PM	MEDICATION	Face	Chest	Back
		Tretinoin (Retin-A) cream 0.025% 0.05% 0.1%			
		Retin-A Micro Gel 0.04% 0.1%			
		Adapalene (Differin) Cream/Gel 0.1% 0.3%			
		Tazorac cream/gel 0.05% 0.1%			

Spot Treatments: Your doctor may recommend one of the medications below to be used as spot treatment only to red bumps and pus bumps.

AM	PM	MEDICATION	Face	Chest	Back
		Neutrogena On-the-Spot Benzoyl Peroxide Cream 2.5%			
		Benzaclin (benzoyl peroxide-clindamycin gel)			

Oral Antibiotics: Take your antibiotic every day as instructed. Take it with food and a large glass of water. Avoid sun exposure and wear sunscreen daily because you can get a severe sunburn while taking this medication even if you don't usually burn.

Doxycycline 100mg ___ tab ___ times per day

Oil Free (Non-Comedogenic) Facial Moisturizers:

Please wear daily sunscreen that is oil free and at least SPF 30

AM	PM	MOISTURIZERS	Face	Chest	Back
		Cerave Cream, Cetaphil Cream, Aveeno Lotion			
		Cerave AM Lotion (SPF 30), Cetaphil Daily Moisturizing Lotion			
		Aveeno Protect + Hydrate (SPF 30)			