

TOPICAL RETINOID USE FOR TREATMENT OF ACNE:

Medications: Retin-A (tretinoin), Differin (adapalene), Tazorac (tazarotene):

Instructions: Apply a pea-sized amount to the face nightly. This medication should not be used as a spot treatment, but rather spread to cover the entire face, unless your doctor instructs you otherwise.

Side effects: Dryness, irritation, redness, peeling, stinging, burning.

*If too drying, decrease frequency of use to every other night or 2-3 nights per week.

You may use an oil-free, non-comedogenic (won't clog pores) moisturizer if needed.

Recommended brands include Neutrogena Healthy Defense, Cetaphil daily facial moisturizer, Eucerin Face daily facial moisturizer, Aveeno Positively Radiant, CeraVe AM. All of these are available with included sunscreen as well.

*If you are already prone to dry, sensitive skin, consider starting 2-3 nights per week only. If tolerated well after first couple of weeks, you may increase gradually towards nightly use as tolerated.

BENZOYL PEROXIDE WASH FOR TREATMENT OF ACNE:

Active ingredient: Benzoyl peroxide

Strengths: 2.5 - 10%

Brands: PanOxyl, AcneFree, Clean and Clear, Neutrogena

****These washes are all available OVER THE COUNTER.****

Side effects: Dryness, peeling, irritation. Rare allergic reactions. Please let your doctor know if you experience itching or swelling of the eyes, which can be signs of an allergic reaction.

Benzoyl peroxide may bleach or lighten clothing and towels. We recommend using a white or lightly colored towel. Rarely, it may bleach or lighten hair.

**The stronger the strength or percentage, the more likely it will be to cause irritation.*

Therefore, for sensitive skin, select a lower strength to start with, such as 2.5%.

INSTRUCTIONS FOR DOXYCYCLINE (ORAL ANTIBIOTIC) USE:

Doxycycline is a common antibiotic that is often used in the treatment of acne, rosacea, folliculitis, and certain infections of the skin.

Instructions: Begin doxycycline 100 mg by mouth. Take 1 pill twice daily. Take it with food and a large glass of water.

Side effects: Taking it on an empty stomach can cause nausea and even vomiting.

Avoid excessive sun exposure while taking this medication because it can increase your risk for sunburning. Please make sure to use a broad spectrum sunscreen, SPF 30 or higher, if you will be outdoors for a significant period of time while on this medication. Please do not try to swallow this pill without plenty of water, as it can cause irritation of your throat. You should also avoid lying down for 1 hour after taking the medication. If you develop severe headaches and/or visual changes on this medication, please stop the medication immediately and discuss this with your doctor.