

ACNE SKIN CARE MADE E.Z.

Basic Rules

Oil-free make up, skin and hair products.

Benzoyl Peroxide Products: 1st 3 days – apply for 15 minutes then wash off. Slowly increase to 1 hour over the next week. If well tolerated, apply and leave on.

Topical Differin: Use at bedtime only. 1st 3 days – apply for 15 minutes, then wash off. Slowly increase to 1 hour over the next week. If well tolerated, apply at bedtime and leave overnight.

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Morning: Benzamycin, Minocycline with lots of water, use sunscreen
Nutragena

Bedtime: Differin

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ACNE TREATMENT

1. _____ Gently wash your face well with water and a mild soap, such as Cetaphil (generic) , twice a day. Shampoo as often as needed to keep your hair free from oil. Keep your hair off your face as much as possible. You may need to use a dandruff shampoo such as _____.
2. _____ Put the Retin_A Gel/Cream on at night, waiting at least 30 minutes after washing your face. Putting it on sooner may make it more irritating. Put it on all areas with acne. Leave it on overnight and wash off well in the morning.

**DO NOT PICK, SQUEEZE, OR MESS AROUND WITH YOUR PIMPLES.
DOING THIS CAN CAUSE SEVERE SCARRING!!**

You can eat what you like as long as you do not eat it with antibiotic and eat a reasonable well-balanced diet. No special diets are needed.

If you use makeup, a water based makeup labeled “noncomedogenic” (won’t cause pimples) may be better for your skin.

Do not expect much improvement for at least 2 months. Acne can sometimes get worse before it gets better when you start treatment. Treatment is slow, but it works. Stick to the program outlined above.

Make an appointment to see your doctor in 2 months unless you are told otherwise.