

## **CARE OF ACNE**

1. Wash your face in the morning and evening using lukewarm water.
2. Cleanse gently with a soap or cleanser applied with your hands. Do not use rough cloths, scrubbers or brushes. Do not use “scrubber” products with gritty components.  
Examples of soaps/cleansers: Cetaphil cleanser, Dove soap, Neutrogena acne wash, Clean and Clear cleanser
3. If the acne involves the back and chest, use **PanOxyl brand cleanser** (contains benzoyl peroxide- over the counter) for washing the chest and back in the shower. Avoid dripping this product on towels, carpets, etc. as it may bleach fabrics.
4. Avoid all abrasive products such as scrubs and masks.
5. Dry your face with a soft towel, patting the skin rather than rubbing.
6. Apply the topical medications to dry skin all over the areas which tend to develop pimples. Do not spot treat pimples.  
Morning medication:\*\*\*  
Evening medication:\*\*\*
7. Avoid astringents and toners.
8. Use a moisturizer only if your skin feels too dry and appears flaky. The moisturizer should state on the label “oil-free” and/or “non-comedogenic”.  
Examples of moisturizers: Cetaphil Facial lotion, Purpose lotion, Neutrogena Facial lotion
9. Apply make-up products after applying the acne medications. All make-up products should state on the label “oil-free” and/or “non-comedogenic”.
10. Minimize sun exposure. Use sunscreen regularly. Apply sunscreen after applying the acne medications. All sunscreens should state on the label “oil-free” and/or “non-comedogenic”.

## **USING TOPICAL RETINOIDS (Retin A, Differin, Tazorac, Evita)**

1. Use the medication every other night for the first 2 weeks. If after 2 weeks there is no redness or irritation, increase application to every night.
2. Wait 15-20 minutes after cleansing your face at night before applying the medication. Your face may become red and irritated if you apply the medication too soon after washing your face.
3. Apply a “pea-sized” amount of medication to your index finger.
4. Gently rub a quarter of the medication into each quadrant of your face.
5. The medication should disappear into your skin quickly. If the medication doesn’t easily disappear, you may be using too much medication.