



CLEAR DERMATOLOGY

ACNE REGIMEN

MORNING

WASH:

- | | | | |
|--------------------------------------|--------------------------------------|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> B&B Cleanse | <input type="checkbox"/> B&B Prepare | <input type="checkbox"/> B&B Soothe | <input type="checkbox"/> Avar /Ovace |
| <input type="checkbox"/> CeraVe | <input type="checkbox"/> Cetaphil | <input type="checkbox"/> SulfaCleanse | <input type="checkbox"/> _____ |

APPLY:

- | | | | |
|----------------------------------|-------------------------------------|--|--|
| <input type="checkbox"/> Aczone | <input type="checkbox"/> Avar/Ovace | <input type="checkbox"/> BenzeFoam/Pro | <input type="checkbox"/> Clindagel/clindamycin |
| <input type="checkbox"/> Finacea | <input type="checkbox"/> Metrogel | <input type="checkbox"/> Onexton | <input type="checkbox"/> _____ |

TAKE:

- | | |
|---|--|
| <input type="checkbox"/> Acticlate/Doryx/ Morgidox/Oracea/doxycycline | <input type="checkbox"/> Solodyn/minocycline |
| <input type="checkbox"/> Spironolactone | <input type="checkbox"/> _____ |

NIGHT

WASH:

- | | |
|-----------------------------------|--------------------------------|
| <input type="checkbox"/> as above | <input type="checkbox"/> _____ |
|-----------------------------------|--------------------------------|

APPLY:

- | | | | |
|--|---|---|---------------------------------|
| <input type="checkbox"/> B&B Renew | <input type="checkbox"/> B&B Shine | <input type="checkbox"/> Differin/adapalene | <input type="checkbox"/> Epiduo |
| <input type="checkbox"/> Retin-A/tretinoin | <input type="checkbox"/> Tazorac/Fabior | <input type="checkbox"/> Veltin | <input type="checkbox"/> _____ |

TAKE:

- | | |
|---|--|
| <input type="checkbox"/> Acticlate/Doryx/ Morgidox/Oracea/doxycycline | <input type="checkbox"/> Solodyn/minocycline |
| <input type="checkbox"/> Spironolactone | <input type="checkbox"/> _____ |

TREATMENT CONSIDERATIONS

Sunscreen: Don't forget to use a *non-comedogenic* sunscreen (at least SPF 30) since many acne treatments make your skin more susceptible to sunburn. The sun can also cause acne lesions to heal as brown spots so make sure to protect yourself!

Diet: Diet can play a role in acne. Large quantities of fat free milk and diets with a high glycemic index (ie., processed foods and simple sugars) have been shown to worsen acne. Stick to lean proteins, whole grains, veggies, fruits and lots of water to drink.

Antibiotics: Oral antibiotics are very useful in treating acne but they can alter the level of good bacteria in the gut so taking a daily probiotic pill is a good idea. Take your antibiotic pills with a big glass of water and do not lay down for 30 minutes after taking.

Benzoyl Peroxide: Benzoyl Peroxide products can bleach clothing and linens. White towels, washcloths and pillowcases are suggested.

Retinoids: Retnoids (Renew, Shine, Differin, Retin-A, Tazorac, Fabior, Epiduo, Veltin, adapalene, tretinoin) can cause mild redness and dry, flaking skin; if this is the first time using this medication or if irritation becomes too severe, start using the medication every 3 days for several weeks and then slowly progress to every night as the skin learns to tolerate the medication; you can also apply a moisturizer first and then the medication. A pea-sized amount is enough to cover the entire face, chest or back; do not use too much and do not just spot treat certain areas.

Skin care: Your topical medications are meant to be applied to your whole acne prone area; do not just spot treat active lesions. Not everyone needs a moisturizer but if you feel dry or tight you can apply an oil-free moisturizer. If it continues to be irritated and dry, apply the moisturizer first then the medication. Reputable brands include Cetaphil, CeraVe, Neutrogena, Aveeno and Dove.

*Be patient and diligent. The treatment can take up to 6 weeks before seeing 60% improvement.

If you have any questions or concerns, or experience an unexpected reaction, please call us immediately. We are happy to speak with you any time (310) 540-5272.