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ACNE PATIENT TREATMENT PLAN

Wash your face in the morning and evening using lukewarm water. Cleanse gently with a cleanser applied with your hands. Do not use rough cloths, scrubbers or brushes. Recommended cleansers: Cetaphil cleanser, CeraVe cleanser, SkinCeuticals Clarifying Cleanser, Neutrogena acne wash, Purpose cleanser

AM FACE CLEANSER: _____

PM FACE CLEANSER: _____

Apply the topical medications to dry skin all over the areas that tend to develop pimples. Do NOT spot treat pimples.

AM TOPICAL MEDICATION: _____

PM TOPICAL MEDICATION: _____

If an oral medication was prescribed, take as directed. Remember that antibiotics for acne are used for their anti-inflammatory properties and are treating inflammation, not an infection.

ORAL MEDICATION:

Use a moisturizer with sunscreen on a daily basis as many of these acne medications are drying and photosensitizing. Some recommended moisturizers are CeraVe AM, Aveeno Positively Radiant, SkinCeuticals Daily Moisturizer, Neutrogena Daily Moisturizer with SPF

If you are using a retinoid at night and your skin is getting irritated, red, or flaky, add a nighttime moisturizer, such as CeraVe PM to your regimen after you apply your retinoid.

Apply makeup products after applying the acne medications. Only use **non-comedogenic** (won't clog pores) and **oil-free** products.

USING TOPICAL RETINOID CONTAINING MEDICATIONS Tretinoin (Retin-A, Ziana), Adapalene (Differin, Epiduo) Tazarotene (Tazorac, Fabior)

- Use the medication every other night for the first two weeks. If after two weeks there is no redness or irritation, increase application to every night. If you are becoming too irritated by the medication, wait 15- 20 minutes after cleansing your face at night before applying the medication.
- Apply a “pea-sized” amount of medication to your index finger.
- Gently rub a quarter of the medication into each quadrant of your face.
- The medication should disappear into your skin quickly. If the medication doesn’t easily disappear, you may be using too much medication.

BENZOYL PEROXIDE - Clean & Clear (Rite Aid, CVS or Walgreens)

- Use this product daily in the shower to acne-prone areas (face, chest, and/or back). If your skin becomes too dry, use it every other day. This product bleaches clothing and linens if not washed off completely.
- Acne will often get worse before better when a new treatment is started. Treat through this and results will be seen.
- Treat the whole face NOT spot-treatment.
- A realistic expectation is 60% improvement at 6 weeks and maximum effect at 8-12 weeks. Thus, we usually wait at least 8 weeks before changing a regimen to allow maximal efficacy to be reached. These treatments are not magic; they take time and effort to work. **COMPLIANCE IS ESSENTIAL.**

If you have any questions or concerns, please call the office at 203-635-0770.