

Acne Treatment Plan

Recommended Cleansers:

- Neutrogena Foaming Face Wash
- Cetaphil Daily Cleanser
- Olay Daily Facials Cleansing Cloths
- Purpose Gentle Cleansing Wash
- Dove Soap

Recommended Moisturizers:

- Oil of Olay Complete SPF 15 or 30
- Neutrogena Healthy Defense SPF 30
- Eucerin Extra Protective Moisture Lotion SPF 30
- Purpose Dual Treatment Moisture Lotion SPF 30
- Cetaphil Face Lotion

Remember:

- Only use one pea-sized amount of prescription cream over the entire face
- Benzoyl peroxide products (Duac, Benzacilin) can bleach fabric
- Make sure your face is completely dry before applying medication
- Do not use scrubs or toners while using prescription acne medicine
- Start slowly with prescription creams every other day and build up to daily use
- If your skin feels too dry or is peeling from the prescription creams, apply more moisturizer or use less prescription cream rather than stopping the medication
- Make sure your makeup and moisturizers are non-acnegenic or non-comedogenic

- If your skin is peeling from the prescription creams, you may use a warm, soapy washcloth to gently remove the peeling skin, then apply medicine or moisturizer
- Try to keep hands, phones, and hair products off of your face and forehead
- It can take several months to see results, so continue to use medication as prescribed until your next appointment