

## DERMATOLOGY

## Acne Regimen

**MORNING:**

Cleanse face/chest/back with \_\_\_\_\_.

Apply a pea sized amount of \_\_\_\_\_ to face/chest/back.

Apply a pea sized amount of \_\_\_\_\_ to face/chest/back.

Apply moisturizer with SPF > 30 \_\_\_\_\_.

**EVENING:**

Cleanse face/back/chest with \_\_\_\_\_.

Apply a pea sized amount of \_\_\_\_\_ to face/chest/back.

Apply a pea sized amount of \_\_\_\_\_ to face/chest/back.

Apply moisturizer \_\_\_\_\_.

**ORAL PRESCRIPTIONS:**

RX: \_\_\_\_\_  with food

**NOTE:**

\*If you are just starting a retinoid of the face, we recommend you using it only 2-3 times weekly for the first few weeks. These medications are notorious for causing irritation, but this can be avoided by starting off slowly. After the first few weeks, you can gradually add in extra days of use as tolerated. Avoid sensitive areas such as eyelids, corners of the mouth, and creases around the nose. These areas are so sensitive that they may never acclimate to the medication. We also recommend that you avoid toners.

\*If you are planning pregnancy or become pregnant please discontinue ALL medications and contact our office There are known birth defects with some medications.

\*Patience and consistent use of medication is key to successful acne treatment. Mild to moderate acne will only improve 20-50% in the first 12 weeks of treatment. Use all medications prescribed today until your follow up appointment.

**Products and Cosmetic Procedures that are recommended for acne-prone skin:****CLEANSERS**

Elta foaming cleanser

Glytone Mild Cream Cleanser

Glytone Acne BPO Cleanser

Revision Gentle Cleansing  
Lotion

Revision Papaya Enzyme  
Cleanser

**MOISTURIZERS**

Skin Ceuticals Phytocorrective  
Masque

Cerave or Cetaphil Lotion

**SPF**

EltaMD Clear

Journee

Colorescience Sunforgettable  
Brush

**OTHER**

Revision Black Mask

Revision Finishing Touch

Glytone Brightening Complex

**TREATMENTS**

IPL (Photofacial)

Spectra Laser

Salicylic Acid Peel

Photodynamic Therapy

*\*\*These procedures and products are considered cosmetic and cannot be billed through insurance or charged through an HSA account. \*\**