

Acne (Lucas)

MORNING Regimen

CLEANSING

- Gentle cleanser: Cera Ve Foaming Facial Cleanser or Hydrating Facial Cleanser, La Roche Posay- Toleriane line addresses sensitive skin, the Effaclar line addresses oily skin.
- Benzoyl Peroxide Cleanser: Differin Daily Deep Cleanser contains 5% Benzoyl Peroxide, Cera Ve Foaming Benzoyl Peroxide Cleanser is 4%. These are less drying than higher percentages available, and may work better in combination with medications you are using. Remember to RINSE WELL as benzoyl peroxide products can stain clothing, towels, and bedsheets. Use only if you are not sensitive to Benzoyl Peroxide products.
- Glycolic Acid Cleanser: Start low and go slow before increasing percentage! These are exfoliating and can help with post-inflammatory hyperpigmentation (those dark spots left behind long after a pimple has said its goodbyes), make your skin smoother and more even toned, and help with resolution of acne. Glytone, Neostrata and Skinceuticals are respected dermatologic brand for these, although there are many.
- You may alternate between gentle cleansers and benzoyl peroxide cleansers for better effect.
- You may alternate between Glycolic Acid cleansers and Gentle cleansers.

PRESCRIBED TOPICAL THERAPY

- Clindamycin Lotion or Gel. This is a topical antibiotic. Apply as directed on your prescription.
- Minocycline Foam. This is a topical antibiotic. Apply as directed on your prescription.

MOISTURIZER/ SUNSCREEN

- Cera Ve and Neutrogena make combination moisturizer/ sunscreen for daily use and ease. Despite having acne, it is a good idea to moisturize and protect your skin using non-comedogenic (non-acne causing) forms of moisturizers and sunscreens daily. If you use a retinoid at night, it is recommended that you use sunscreen daily.

PRESCRIBED ORAL THERAPY (take with breakfast)

Contact our office should you have any side effects as discussed during your visit and on the handout provided. Always read the leaflet provided to you by your pharmacist.

- Minocycline
- Doxycycline
- Spironolactone (female only) Increase your water intake!

9/13/2020 Revised

Acne (Lucas)

NIGHT Regimen

- It is very important to follow your evening regimen. If you get too tired in the evening, start this routine after dinner. Change your pillowcase often, and remember that benzoyl peroxide products can stain pillowcases, sheets, towels, etc.

CLEANSING

- Remove your makeup if you wear it. Keep in mind that makeup remover towelettes don't often get everything. Be gentle to your face. If you wear heavy makeup sometimes cleansing balms may need to be used as a first step.
- Gentle cleanser or Benzoyl Peroxide cleanser as listed in the Morning Regimen *DO NOT use BP at night if you use Tretinoin or Tazarotene. Ok for Adapalene.
- Gentle cleanser or Glycolic Acid cleanser as listed in the Morning Regimen

PRESCRIBED TOPICAL THERAPY

- Clindamycin Lotion or Gel
- RETINOID
- (Rx Tretinoin, Tazarotene or Adapalene 0.3%) or Over the Counter (OTC) Adapalene 0.1% Differin Brand, AcneFree, or La Roche Posay Brand
- When your face is dry, apply a pea-sized amount to your fingertip, dot it around your entire face and blend.
- Start M, W, F evenings. Increase slowly to nightly application as your face tolerates it.
- You may use a bland moisturizer over your retinoid.

PRESCRIBED ORAL THERAPY (take with dinner for ease) Refer to handout.

- Minocycline
- Doxycycline
- Spironolactone (female only)

9/13/2020 Revised

Acne (Lucas)

General Recommendations

Your skin must be treated gently. Don't use additional exfoliation (scrubs, other chemical exfoliating masks, rough abrasive cleansing brushes) in addition to what I've recommended for you.

Be dedicated and consistent with your routine, and understand it can take 2-3 months to see improvement that you will notice.

"Backne"? AcneFree brand makes a spray that might help: Body Clearing Spray with 2% Salicylic Acid.

Victoria Lucas, PA-C
Pioneer Valley Dermatology, PC

9/13/2020 Revised

Pioneer Valley Dermatology
29B Cottage Street, Amherst, MA 01002
Ph (413) 549-7400 Fax (413) 549-7402 www.pioneervalleyderm.com