



Scott Beals D.O., P.A.

### Acne Management

**You can expect a 30% improvement by month three, and a 60-80% improvement by month nine with the treatment regimen your provider prescribed you today!**

Wash face at least twice daily with a non-comedogenic cleanser. We recommend:

Cetaphil facial cleanser CeraVe foaming face wash

After applying each topical prescribed medication, use a non-comedogenic facial moisturizer.

CeraVe facial moisturizer (available in both daytime and nighttime lotions)

Cetaphil facial moisturizer (available in both daytime and nighttime lotions)

\* American Academy of Dermatology recommends a 30 SPF with 5% zinc oxide to help protect skin against the harmful rays of the sun.

#### Antibiotics

1. Doxycycline 100mg- take one tablet in the morning with a little bit of food, and one tablet at night with a little bit of food. Can cause stomach irritation.
2. Solodyn (dose depending on weight)- take one tablet daily
3. Doryx 150mg- take one tablet by mouth daily. May take with food. Your provider may have instructed you to take only 2 parts of a single tablet daily.

#### AM

1. Wash face using a non-comedogenic face cleanser.
2. Apply a pea-sized amount of the following medications depending on what your provider prescribed you today:  
Acanya or other topical benzoyl peroxide with clindamycin  
Duac-(benzoyl peroxide and clindamycin)

\*Be sure to apply medication as if applying a very thin layer to the skin. Do Not rub in like lotion.

3. Wait 5 minutes after applying the topical medication to apply the non-comedogenic lotion.

#### MID DAY

Wash face with cold water to wash excess oil off skin. Can improve acne by 10%.

#### PM

1. Wash face using non-comedogenic face cleanser.
2. Apply a pea-sized amount of the following medications depending on what your provider prescribed you today:  
Retin-A micropump Retin-A  
Atralin Differin  
Epiduo-(benzoyl peroxide and adapalene)

\*Be sure to apply medication as if applying a very thin layer to the skin. Do Not rub in like lotion. Do Not apply the tretinoin product directly underneath eyes.

3. Wait 5 minutes after applying the topical medication to apply the non-comedogenic lotion.

The tretinoin products in the above listed medications have irritating side effects. You can expect dryness, flaking, redness, and burning. It is OKAY to discontinue using the above products for a couple of days to apply moisturizers and help relieve the irritation. The important thing is to continue the medications after irritation stops. At next appointment, let your provider know the side effects.

#### Other available Treatments:

Laser Treatment – Available to help improve acne.

Glycolic Peel – We would start at a low percentage and work higher.

Microderm Abrasion – helps to slough the top layer of the skin and vacuum out pores.

E-Matrix Radiofrequency treatments.

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