

ACNE HANDOUT

In the morning:

1. Wash with over the counter gentle face wash, Neutrogena Oil-Free Acne Wash, or benzoyl peroxide face wash (less than 5% preferred).
2. Apply spot treatment:
 - Dapsone 5% gel
 - Aczone® 7.5% gel
 - Clindamycin 1% lotion, gel, solution, or foam
 - Clindamycin-benzoyl peroxide gel or cream (Onexton®, Benzacilin®, Acanya®)
3. Apply moisturizer and sunscreen (face, SPF 30+).
4. If an oral medication has been prescribed, take WITH FOOD to avoid stomach upset.
 - Doxycycline 100mg
 - Minocycline 100mg
 - Seysara® 60mg, 100mg, or 150mg

In the evening:

1. Wash with gentle face wash.
2. Apply a topical retinoid to entire face – small, pea-sized amount rubbed in completely.
 - Start 2-3x a week, increasing to nightly as tolerated.
3. If an oral medication has been prescribed, take WITH FOOD to avoid stomach upset.
 - Doxycycline 100mg
 - Minocycline 100mg
 - Seysara® 60mg, 100mg, or 150mg

Gentle Face Washes: Cetaphil, CeraVe, Dove bar soap, Neutrogena gentle face cleanser, Vanicream

Benzoyl Peroxide (BPO) Face Wash: Panoxyl, Acne Free, Clean and Clear, Neutrogena Clear Pore.

- Side effects: irritation, may bleach fabrics/towels. Do not use during pregnancy.

Topical Retinoids: adapalene 0.1% (OTC Differin®), 0.3%, tretinoin 0.025%, 0.05%, 0.1%, tazarotene 0.05%, 0.1%

- Side effects: dryness/irritation (improves with time), sun sensitivity. Do not use during pregnancy.
- Apply a non-comedogenic, oil-free moisturizer overtop. Examples: CeraVe, Cetaphil, Neutrogena.

Doxycycline, Minocycline, Seysara: antibiotics useful in acne for anti-inflammatory effects

- Side effects: nausea, upset stomach, heartburn, sun sensitivity (more prone to sunburn), yeast infections in women (if prone). Do not use during pregnancy.
- Take with food and a full glass of water to avoid stomach upset. The pharmacy may tell you not to take it with food, but it is ok to do so. If you take it on an empty stomach, you may get severe nausea or vomiting. Wait at least 30 minutes before lying down if you take the medication at night.
- Take this medication 1 hour before or 2 hours after dairy products (like milk, ice cream, cheese) and pills that contain calcium, aluminum, zinc, iron, or magnesium.
- Minocycline (not doxycycline) can cause dizziness. Please call your doctor if this happens because we may need to decrease your dose.

Acne can be frustrating and difficult to treat. Most acne regimens take 2-3 months to see an improvement, so stick with them. **Don't give up!** As always, call your doctor if you have any concerns about your medications.

So Yeon Paek, MD 8/2020

www.drpaek.com