

Acne

Information and tips regarding acne.

- Unknown causes: Food, chocolate, and stress have never been scientifically proven. So, if you notice something that makes your acne worse, it may be a trigger and try to avoid this item.
- Acne may resolve in time, but it can also be long lasting or recurring.
- Wash face no more than twice a day with either a prescribed acne cleanser or a fragrance-free moisturizing cleanser (Example: Aveeno Moisturizing Bar soap), then gently pat dry.
- After washing, moisturize the entire face (avoid near the eyes) with an oil-free or non-comedogenic facial moisturizer with a SPF 30 or more.
- Then apply a pea-sized amount of retinoid (Differin, Retin-A Micro, Tretinoin, Tazorac) to the whole face or other acne area like chest or back at bedtime.
- Retinoids are also useful to “spot treat” hard to tame single acne bumps, may use up to two or three times a day, but beware of redness and/or dryness.
- Throughout the day, try to reapply your moisturizer if you are noticing areas of dryness
- All acne medications cause dry skin and makes you sunburn easily, even on cloudy days make sure to wear your sunscreen.
- Avoid astringents, alcohol, or toners, as these products dry out the skin in combination with your medications.

Topicals

Make sure you are not allergic before taking any of these medications! If you develop a rash or hives, you need to stop the medication immediately and call me!

All topical products have a potential for irritation. The goal is to gently dry the over-oily areas, but not to cause too much irritation, that can actually make your acne worse. If you are not tolerating any of the products I have given you, please call me right away so that they can be adjusted. There are hundreds of products available and we can find the right combination for you.

Benzoyl peroxide containing products (Triaz, Benzac, BenzaClin, Duac, Oxy, Pro-Active) can bleach your clothing or towels so rinse well. For some people, they can cause significant dryness, irritation, or allergy.

Sodium sulfacetamide/sulfur containing products (AVAR, Plexion, Klaron, Novacet, Rosula) can sometimes be irritating. People with sulfa allergies should probably avoid these products.

Salicylic acid (Neutrogena Oil-Free Acne Wash, Stridex, Clearasil) is found in many over the counter products and may cause irritation in people with sensitive skin.

Clindamycin (Cleocin, BenzaClin, Duac, Evoclin, and Ziana) may rarely cause diarrhea in some people.

Azelaic acid (Finacea, Azelex) may cause irritation, so apply moisturizer first, then apply this medication.

Retinoids (tretinoin, Retin-A Micro, Differin, Tazorac, Ziana, and Tretin-X) are

generally the most potentially irritating topical medications. However, they are extremely important in unclogging pores and fighting blackheads and whiteheads. They need to be applied at night before bed (sunlight inactivates the main ingredient) in a VERY THIN LAYER (a pea-sized amount should be enough for the entire face) onto dry skin (wait at least 15-20 minutes after washing your face, this will reduce irritation). They cause exfoliation of the skin and push everything out of the surface so your skin may actually feel bumpier for the first couple of weeks. You need to stick with it! If you are getting too red/flaky/dry, you can apply moisturizer to the dry areas. Also, you can use it every other day or every third night, whichever your skin can tolerate. After two weeks, your skin will start to build a tolerance to the product. YOU MUST WEAR SUNSCREEN when using these products, they can really make you easier in the sun.

Orals

Tetracycline (Setracyl, Terramycin) Take with food, and avoid dairy products and multivitamins within 2 hours of taking medication. Wear sunscreen daily, this medication will cause you to burn!

Doxycycline (Adoxa, Doryx, Oracea, Monodox) Take with food (can cause severe nausea) and a full glass of liquid (non dairy). Do not lie down immediately after taking because you can get bad heartburn. Wear sunscreen daily, this medication will cause you to burn!

Minocycline (Dynacin, Solodyn) One of the most effective of the oral antibiotics, but also with the most potential side effects. Can cause dizziness at first, especially in younger women. If this happens, decrease the dosage until the symptoms resolve, then increase back to the recommended dose. Take with food (can cause severe nausea) and a full glass of liquid (non dairy). Wear sunscreen daily, this medication will cause you to burn! Rarely, can affect the liver or cause a lupus-like syndrome with arthritis and rash. Watch for a blue discoloration of the gums and skin, especially if you have been on this medication for many months. Pigment can start to deposit into the tissues and you will first notice a blue-gray color in your gums. Also, if you notice "bruises" on your shins that do not go away, stop the medicine. You should be off minocycline for one month before having laser treatment.

These antibiotics theoretically decrease the efficacy of birth control pills so if you absolutely cannot get pregnant, then use a back-up method such as condoms.

Accutane Serious medicine for serious acne. Many potential side effects. Absolutely CANNOT GET PREGNANT! Can be extremely effective, but you must follow instructions very carefully, agree to monthly visit with blood draws and comply with the iPledge program.

Spirolactone Can affect potassium level and blood pressure, may cause headaches. May not be safe in people with a strong family history of breast cancer. Routine blood work will be needed before and while on this medication.

Birth Control Pills (Ortho-Tri-Cyclen, Yasmin, YAZ) Avoid smoking, does not use if you have a history of blood clots, and may cause weight gain or mood disturbance. See primary care doctor or gynecologist for routine exams.

****Let me know if you are pregnant or planning to become pregnant because**

many topical and oral acne medications are not safe during pregnancy and your obstetrician must approve of all medications you take or use during pregnancy. Pregnancy categories A, B and C are safe during pregnancy, but it is up to you and your obstetrician.

*****REMEMBER: Be patient! It can take 6 – 8 weeks for your acne regimen to really start working.**

Please contact us at 206-236-3030 with any questions or concerns!

MEDICATION	MORNING	EVENING	EVERY OTHER DAY	AS NEEDED ONLY
10% Sulfacetamide/ 5% Sulfur Wash				
Accutane				
Adoxa				
Aveeno Bar				
Azelex				
BenzaClin				
Benzoyl Peroxide Wash				
Brevoxyl Wash				
Cetaphil Cleanser				
Cleocin				
Clindamycin				
Differin				
Doryx				
Doxycycline				
Dynacin				
Evoclin				
Finacea				
Minocycline				
Monodox				
Neutrogena Oil-Free Acne Wash				

Oracea				
Ortho Tri-Cyclen				
Panoxyl Wash				
Retin-A Micro				
Rosula Clarifying Wash				
Salicylic Acid Wash (Pro-Active)				
Solodyn				
Spirolactone				
Tazorac				
Tretinoin				
Triaz Wash				
Yasmin				
Yaz				
Ziana				