

# Wilson Dermatology & Skin Care

Specializing in diseases of the skin, hair, and nails.



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Board Certified Dermatologist



## TREATING YOUR ACNE

- Stop all prescriptions and over the counter acne products that were not prescribed to you at the time of your visit.
- Use only the products recommended by your doctor.
- Wash your face twice daily with gentle Dove soap, Cetaphil Cleanser or CeraVe are all good choices. Place the soap or cleanser on your hands then wash your face gently using your hands only. Use cool or lukewarm water, NO washcloths and NO rubbing or scrubbing.
- At **night, wash your face as noted above** and let dry for 15 minutes, then apply a thin layer of moisturizer to your clean skin. Cetaphil Facial Moisturizer, Aveeno Positively Radiant Facial Moisturizer, DML Facial Moisturizer and CeraVe AM Moisturizer all work well. Take a pea sized amount of medication and spread it all over the face on top of the moisturizer. Treat your entire face, not just the acne.
- In the **morning**, wash your face. If you are dry, apply moisturizer. **DO NOT** use your medication unless instructed.
- Use the Topical Retinoid (ie. tazarotene, adapalene, tretinoin) every other night for the first two weeks. Increase to every night as tolerated.

It is common to notice a few more breakouts during the first two (2) weeks of treatment. It takes 12 weeks for any effective acne treatment to work. **Be patient and don't panic.**

If you have been prescribed an oral antibiotic make sure to take it with food and wash it down with a large glass of water. **DO NOT take immediately before bedtime and DO NOT take with milk or yogurt.**

Both the topical medication and antibiotic may make you more likely to burn in the sun. Therefore, use extra sunblock and be extremely careful.

If you notice dryness, redness or peeling, decrease the frequency of your topical retinoid use (ie. tazarotene, adapalene, tretinoin)