

Southside Dermatology

ACNE INSTRUCTIONS SHEET

FOR THE FACE

Morning:

- 1.) Wash gently with Cetaphil Anti-Bacterial Bar, Neutrogena Cleanser, or PanOxyl/Brevoxyl
- 2.) Apply a thin layer of antibiotic/ benzoyl peroxide – get dressed first! Please see BPO next page. (Benzaclin, Duac, Klaron, or clindamycin then peroxide 10% gel. Fusing a benzoyl peroxide based wash such as PanOxyl or Brevoxyl, then you can apply clindamycin only)
- 3.) Apply lotion if needed because skin is dry or sore
- 4.) Apply sunscreen

After Exercise or Excessive Sweating

- 1.) Wash gently with Cetaphil Anti-Bacterial Bar Or if washing is impossible, wipe with salicylic acid pads (Neutrogena or Stridex Acne Wipes)

Evening:

- 1.) Wash gently with Cetaphil Anti-Bacterial Bar, Neutrogena cleanser, or PannOxyl
- 2.) Apply a thin layer of a retinoid (Tazorac, Retin-A, Differin, tretinoin). The amount of medicine applied should be about the size of a chocolate chip to cover the entire face. Do not use if pregnant, see next page.

FOR THE CHEST OR BACK

Morning:

- 1.) Wash gently with salicylic acid wash (Neutrogena Acne Wash) or Benzoyl peroxide wash (Pan-Oxyl or Brevoxyl creamy wash)
- 2.) Apply a thin layer of antibiotic (Cleocin T, clindamycin)
- 3.) Apply sunscreen if planning to be outside without a shirt

After Exercise or Excessive Sweating

- 1.) Wash gently with salicylic acid wash (Neutrogena Acne Wash) Or if showering is impossible, wipe with salicylic acid pads (Neutrogena Acne or Stridex Wipes)
- 2.) Apply a thin layer of antibiotic/ benzoyl peroxide (Benzaclin, Duac, Klaron, or clindamycin then benzoyl peroxide 10% gel. If using a benzoyl peroxide based wash such as PanOxyl or Brevoxyl, then you can apply clindamycin only). You will probably want to sleep in a white t-shirt if your sheets are not white. See BPO next page.

ORAL ANTIBIOTICS (PILLS)