

## **Southside Dermatology**

Take a tetracycline (minocycline, tetracycline, doxycycline) once to two times a day. Read more on next page. Take erythromycin three times per day.

### **COMMON SIDE EFFECTS OF ACNE MEDICATIONS & FURTHER INSTRUCTIONS FOR USE: Please read and Keep**

#### **TETRACYCLINE**

- 1.) Tetracycline should be taken on an empty stomach- that is one hour before a meal. It should be taken with water only. If tetracycline is taken with food –it will not work.
- 2.) Tetracycline can make you sensitive to the sun. It is important to wear sunscreen everyday and re-apply every 1 ½ hours if outside.
- 3.) Tetracycline should not be taken if you are pregnant, breast-feeding or your permanent teeth have not come in.

#### **MINOOCYCLINE**

- 1.) Minocycline works best if taken on an empty stomach but can be taken with dry toast or crackers (light meal) if stomach irritation occurs. Avoid dairy products 1 hour before and 1 ½ hours after drug is taken.
- 2.) Minocycline can make you slightly sensitive to the sun. Wear sunscreen everyday and re-apply every 1 ½ hours if outside.
- 3.) Minocycline should not be taken if you are pregnant, breast feeding or your permanent teeth have not come in.
- 4.) Minocycline can cause dizziness or headache ( which can lead to nausea), usually in the first few days. This is not an allergy, but rather a does related problem. Please call our office if this occurs.
- 5.) Minocycline can lead to darkening of acne scars, shins or the whole body. This happens after long-term use, usually after a year. This is one reason you must not stay on minocycline more than one year.
- 6.) Minocycline can very rarely cause hepatitis/liver damage. Symptoms include: change in stool color, belly pain, yellowing of the skin and/or nausea. Please stop taking the drug and call our office immediately.
- 7.) Minocycline can very rarely cause lupus-like reaction with joint pain and other body aches. If this occurs stop the drug and call.
- 8.) Minocycline should not be taken if you are pregnant, breast feeding or your permanent teeth have not come in.

#### **DOXYCLINE**

- 1.) Doxycycline should be taken on an empty stomach but because stomach irritation is common, it is difficult to do so. To decrease irritation, it can be taken with dry toast or crackers or a light meal. It is important to avoid dairy products and high fat foods 1 hour before and 1 ½ hours after the drug is taken.

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- 2.) Doxycycline can make you sensitive to the sun. It is important to wear sunscreen everyday and re-apply every 1 ½ hours if outside.
- 3.) Doxycycline should not be taken if you are pregnant, breast-feeding or your permanent teeth have not come in.

### **TRIMETHOPRIM-SULFAMETHOXAZOLE (BACTRIM)**

- 1.) The medication has sulfa and cannot be taken by those who are sulfa allergic.
- 2.) Side effects include hives, lack or loss of appetite, nausea, skin rash, vomiting.
- 3.) If you experience a skin rash, stop the medication and call your dermatologist.

### **SPIRONOLACTONE**

- 1.) Spironolactone is to be used only by female patients who are not pregnant or trying to become pregnant.
- 2.) Spironolactone can cause nausea, headache, menstrual abnormalities, increased urination, and dizziness upon standing.
- 3.) You may not take potassium or eat large amounts of potassium rich foods (banana, oranges, salt substitutes) while on this medication.
- 4.) This medication can interact with other blood pressure medications. Please advise your primary care physician that you are on spironolactone.

### **RETINOIDS: TAZORAC: RETIN-A: DIFFERIN: TRETINOIN**

- 1.) Retinoids should not be used if you are pregnant, breast feeding or think you may be pregnant.
- 2.) Retinoids should be used sparingly- more is not better, just more irritation.
- 3.) Retinoids are not to be used as “overnight fixes.” The work to change the way the skin grows out so that you make less acne over time. It teaches your skin grows out so that you make less acne over time. It teaches your skin to shed the skin that clogs pores and leads to acne. This process takes time. For the first 6-8 weeks you will only notice the annoying side effects, after that your acne will improve.
- 4.) Retinoids often cause the skin to peel or flake – this can be dramatic in some people. It also can make skin feel tight and dry, or red and sore. All these symptoms should decrease or go away entirely after the initial 6-8 week period. Lotion in the morning helps the symptoms-1 recommend CeraVe Lotion or Cream (available at Walgreens and CVS only) or Cetaphil Cream (Eucerin Cream if it is very dry). If lotion is not enough, you can use the retinoid every other night until adjusted.
- 5.) Retinoids make you sensitive to the sun. It is important to wear sunscreen everyday and re-apply every 1 ½ hours if outside.

### **BPOS: BENZOYL PEROXIDE: BENZACLIN: DUAC: BENZOYL PEROXIDE GEL**

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- 1.) BPOs are important to keep the antibiotics applied to the skin from becoming resistant (not working anymore). They also work to help acne by fighting bacteria and breaking down the skin that clogs pores.
- 2.) BPOs can be drying to the skin. Lotion in the morning helps the symptoms – I recommend CeraVe or Cetaphil Lotion
- 3.) BPOs can bleach towels, clothing and sheets. Many people prefer to use white towels in the bathroom and white sheets on their beds while using BPOs. To avoid bleaching clothing- get dressed first and then apply the BPO.

### **SALICYLIC ACID**

- 1.) Salicylic acid should not be used if you are pregnant, breast feeding or think you may be pregnant.
- 2.) Salicylic acid should be used if you are allergic to aspirin.
- 3.) Salicylic acid can sting the skin and be a bit drying.
- 4.) Salicylic acid is attracted to the pores and works by breaking down the skin that clogs them.