

## Acne Care

### **Morning Skincare Routine:**

- Cleanser
  - Gentle cleanser (i.e. Cerave or Vanicream)
  - 2% salicylic acid wash (i.e. Cerave or Neutrogena)
  - Benzoyl peroxide cleanser
- Clindamycin lotion
- Moisturizer as needed
- Mineral sunscreen SPF 30+ (i.e. EltaMD UV Clear, Alastin Hydratint)

*Patient Specific Instructions:*

### **Evening Skincare Routine:**

- Cleanser
  - Gentle cleanser
- Tretinoin (prescription or over the counter, as instructed) – start 3 nights a week and work up to nightly as tolerated for dryness
- Moisturizer as needed

*Patient Specific Instructions:*

### **Daily Skincare for Acne on Back**

- 10% benzoyl peroxide wash (i.e. PanOxyl) – let it sit for 5-10 minutes and then rinse
  - Note: Benzoyl peroxide can bleach towels and clothing if not thoroughly washed off
- Clindamycin lotion

### **Important Notes:**

- Diligent sun protection and avoiding picking at acne is essential to prevent scarring.
- Use zit stickers or Mighty Patch for pimples.
- Pixi pads once a week for face and back in the evening after cleansing skin. Leave on for at least 2-3 minutes, rinsing with water if needed. The goal is to work up to leaving the solution overnight. Do not use it on the same nights as tretinoin.
- Wash masks, pillowcases, sheets, and clothing regularly.
- Shower and use a gentle cleanser immediately after exercise.