



ACNE

Which facial wash or cleanser should I use?

The majority of washes available without a prescription contain one of the following ingredients: benzoyl peroxide (*PanOxyl 4%*, *Clean & Clear Continuous Control Acne Cleanser*, *OXY Acne Wash*, *Maximum Strength*, *Proactiv*) or salicylic acid (*Neutrogena Oil-Free Acne Wash Salicylic Acid Acne Treatment*, *Clean & Clear Blackhead Clearing Scrub*). You can use these twice daily but since some of the other prescription medications that may be prescribed have the potential to cause irritation, we recommend using these acne cleansers once daily (usually in the shower in the morning) then using a mild soap with good moisturizing properties, such as *Dove* or *Cetaphil*, in the evening. If severe irritation occurs use *Dove* or *Cetaphil* cleanser twice daily.

1. Wash your face gently twice daily with a mild soap or cleanser. No scrub brushes, buff puffs or rough wash cloths. Pat dry.
2. Avoid moisturizers unless needed for dry patches. Use only those labeled “non-comedogenic” which means non acne-causing.
3. Do not pick, squeeze, or scratch acne lesions. This can lead to longer healing time, skin infection and scarring.
4. Avoid getting hair products on face. A paper plate can be used to shield against hair sprays. Hold hair off face at night with a head band or scarf.
5. Foundation or make-up should be “non-comedogenic” and water based. Always apply prescription medications or lotions first, allow dry time, and then apply make-up. Powder make-up products are generally better than creams or gels.

Your physician may have prescribed some the following medications:

Retinoid cream (Adapalene, tretinoin or Retin-A creams): After washing your face at bedtime, pat dry and apply a small amount of the cream to your entire face. Start with a single pea sized dab and spread this evenly over your forehead, cheeks and chin. Gradually you will increase the amount that you are applying to approximately three pea-sized dabs. The amount will vary between people. This medication is not for women who are pregnant or trying to become pregnant. If you develop no redness, peeling, or flaking then gradually increase the amount you are applying. A slight amount of redness, peeling, or flaking occurs in everybody and indicates the medication is working. However, if your skin becomes too irritated decrease the amount. Retinoid creams need around three months of use to see effects, so stick with it! Do not stop because you think it is making your acne worse. Apply to entire face, not just to spots. These work by preventing new spots from forming, not by making existing spots go away.

Antibiotic-containing lotion, cream or gel Apply to all affected areas in the morning. If you are having a flare, you may use this twice daily, allow at least 30 minutes to pass after the Retinoid cream application before applying this product in the evening.

Benzoyl-peroxide containing wash Your physician recommends that you use *PanOxyl 4% Creamy Wash*. If that product is unavailable, select another non-prescription wash containing benzoyl peroxide (see list of washes above); select a form that you wash off, not a gel or cream that you leave on.

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