

Acne

1. Regimen:

<u>AM</u>		<u>PM</u>	
Cleanse		Cleanse	
Medication		Medication	
Moisturizer		Moisturizer	
SPF 30			

Cleanse: You should cleanse your face twice a day. Depending on your skin type you may need a specific cleanser for dry or oily skin.

Medication: You should apply a pea sized amount of your medication to your entire face. You should not spot treat unless directed to do so by Dr. Turner. Also you may only have one topical medication initially which you should apply at night.

Moisturizer: Apply a thin layer of moisturizer to your entire face twice a day after applying your topical medications.

Sunscreen: A sunscreen of 30 or higher should be applied every morning after your moisturizer. Many good moisturizers now have good sunscreens in them.

2. When starting a retinoid (i.e. Epiduo, Differin, Ziana) **expect to worsen before seeing improvement.** Initially, patients can develop a retinoid dermatitis which can cause redness, flaking, and dryness; this is a normal reaction and will subside after a few weeks of application.
3. Please remember to keep your skin moisturized. Again remember when starting a retinoid your skin can become dry and flaky; applying a good moisturizer twice daily can help reduce that appearance.
4. Finally, please use the regimen that Dr. Turner has given you and only expect about a 25% improvement at your follow-up. For significant improvement you will need to be on a consistent regimen for at least 3 months.
5. Microderms are an optional therapy that insurance does not cover but is an effective treatment that can help you see a more rapid improvement and/or clearance of the acne. Schedule a free consult with Dr. Turner's esthetician. Call the office at (214) 373-7546.