



ACNE REGIMEN

Please follow the regimen daily as directed below. All medications should be applied in the order they are written.
Please read ALL directions carefully before you begin treatment.

MORNING:

- Using your hands, cleanse your face with _____. Rub gently and avoid the eye area. Rinse with water.
- Next, spray _____ (toner) on a cotton ball and apply to the entire face. Avoid the eye area
- Apply the topical medication, _____, followed by sunscreen.
- You have been prescribed an oral antibiotic called _____ to take (ONCE/TWICE) daily. Take oral antibiotic as directed with a full glass of water.
- Many acne medications can cause sun sensitivity, therefore we recommend patients to apply a sunscreen to the entire face after morning regimen. If extended sun exposure is anticipated, patient should reapply sunscreen every 90 minutes while exposed.
- If you feel that you need a moisturizer throughout the day, please select a NON-COMEDOGENIC product. This will prevent any products from interfering with your acne treatment. The following can be found at your local drug store: Cerave lotion, Cetaphil lotion, Vanicream Lite lotion.

EVENING:

- Remove all make-up with a make-up remover wipe such as Neutrogena Make-up Remover wipes or Cetaphil Remover wipes.
- Cleanse and tone face as directed in MORNING regimen.
- Apply pea-sized amount of _____ to entire face. This medication can cause your skin to be dry/flaky. If you experience these common side effects, apply one of the recommended moisturizers above BEFORE applying the medication, or apply medication every other day.
- Lastly, apply the topical medication, _____.
- DO NOT FORGET to take oral antibiotic with a full glass of water.

Please contact the office with any questions or concerns.

1401 Edwards Lake Road
Birmingham, AL 35235
Phone: 205-853-3960 Fax: 205-285-3185
www.associatedderm.net

Updated: February 2025