



## Acne Care Sheet

### 1. Regimen:

AM

Cleanser

Diclofenac-apply to cotton ball then to face

Moisturizer

Sunscreen

Spironolactone

PM

Cleanser

Moisturizer

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. Do not use scrubs or bar soaps on your face.

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 or PA.

Moisturizer Apply a thin layer of moisturizer to your entire face twice a day after applying your topical medications. Look for a moisturizer that's labeled "non-comedogenic" so that it will not clog your pores.

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

2. 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.

3. Chemical Peels are a great way to jump start and maintain clearer skin. Most patients experience some redness that day.

4. Microdermabrasion is another great procedure for acne, ask about our monthly microderm membership for deep discounts.

5. Finally, please use the regimen that Dr Turner or the PA has given you and 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. Check out <http://skincarephysicians.com/acnetnet/> for more information and helpful tips for caring for your acne.