

## Home Care Instructions for Weeks One and Two

### Morning Routine

Cleanse	Ice	Tone	Serum	Hydrate/Moisturize	Sunscreen
Ultra Gentle Cleanser	Dixie	Moisture Balance	Salicylic	Hydrabalance	Daily SPF 30
Mandelic Wash	Cups or	Calming Facial	Mandelic	Clearderma	Ultimate
Acne Wash	Soothie Q	Sal-C	Glycolic	Cran-Peptide	Protection SPF 28
Antioxidant Scrub		Glycolic-Lactic	Vitamin A		
Mandelic Scrub					
Acne Scrub					

1. **Cleanse:** using your cleanser and a little warm water, cleanse your face gently with your fingertips, avoiding the eye area. Rinse thoroughly with water.
2. **Ice:** use Dixie Cup with frozen water on inflamed breakouts using slow circular motion for 1-2 minutes. Pat dry.
3. **Tone:** pour a small amount on a cotton round (flat) and apply to face.
4. Serum: apply \_\_\_\_ pumps onto palm and apply with fingers to entire face (and/or back, chest). **Apply every other day.**
5. **Hydrate and/or Moisturize:** this is an optional step to add if you are dry. Apply for added moisture.
6. **Apply Sunscreen:** apply a small amount on face and/or neck. Re-apply hourly when in direct sun or after swimming/perspiring. Apply your noncomedogenic makeup, if desired.

### Evening Routine

Cleanse	Ice	Acne Med	Cleanse	Tone	Moisturize
Ultra Gentle Cleanser	Dixie Cups	Acne Med 2.5%		Moisture Balance	Clearderma
Mandelic Wash	Soothie Q	Acne Med 5%		Calming Facial	Cran-Peptide
Acne Wash		Acne Med 10%		Sal-C	
Antioxidant Scrub		Sulfur Spot Treatment		Glycolic-Lactic	
Mandelic Scrub					
Acne Scrub					

1. **Cleanse:** using your cleanser and little warm water, cleanse gently with your fingertips, avoiding the eye area. Rinse thoroughly with water.
2. **Ice:** use Dixie Cup with frozen water on inflamed breakouts using a slow circular motion without stopping for 1-2 minutes. Pat dry.
3. **Apply Acne Med:** apply dime to nickel size amount to entire area avoiding eye and neck. Follow the below timed schedule for Week 1-2.

Days 1-3	Days 4-7	Days 8-10	Days 11-13
Apply 15 minutes	Apply 30 minutes	Apply 1 hour	Apply 2 hours
4. **Cleanse:** using your cleanser and a little warm water, wash gently with your fingertips, avoiding the eye area. Rinse thoroughly with water.
5. **Tone:** pour a small amount on a cotton round (flat) and apply to face.
6. **Moisturize:** Apply moisturizer all over face and neck, avoiding eye area.

### Apply a dime to nickel-size amount for Acne Med

**Day 14 Instructions** – If you get to Day 14 before your next clinic appointment, you will proceed to Cleanse, Toner and use Acne Med all night (in the absence of dryness and irritation). You will no longer use moisturizer in your evening routine.



## Acne Med Precautions

### Not on Eye or Lower Neck

Do not use Acne Med on your neck or eye area. The tissue is too delicate and it will irritate the skin too much.

### No Eye Cream

Do not use eye cream or moisturizer around the eyes or neck because the acne Med will migrate through the cream and cause irritation and possible swelling.

### Eye Irritation

Allow your Acne Med to dry before going to bed. If your eyelids get irritated, try changing your pillowcase more often. When you are wearing acne med all night, it will get on the pillowcase.

### Smile Lines

This area tends to be the most sensitive area on the face and will be the first place you see irritation and dryness. You can put a very thin layer of Vaseline on this area to occlude it for a few days and then resume product use there.

### Not When Working Out

Do not wear Acne Med when you expect to perspire, as in exercising, physical labor or getting hot in the sun. If you are wearing it, wash it off or it will irritate your skin.

### Will Bleach Fabric

Acne Med will bleach fabric, so we suggest wearing a white shirt or T-shirt when using it. Use white pillowcases when you start wearing it overnight. Make sure and wash your hands with soap after using it to avoid bleaching towels.

### Allergic Reaction

Allergies to benzoyl peroxide are rare but do occur occasionally. Dry skin does not constitute an allergic reaction; rather an allergy is characterized by itching, swelling or burning associated with a rash (similar to a mild case of poison ivy dermatitis). If an allergic reaction occurs, stop using Acne Med and contact us immediately.

### Use Religiously!

If you skip a day or two, or only spot treat, it gives a chance for acne to form. You will never get clear if you skip your home care.

### Expect Some Dryness

Expect your skin to get a bit dry while getting used to the Acne Med. This is normal; however, if your skin gets uncomfortably dry, please contact us so we can adjust your home care regimen. Do NOT just stop using your Acne Med until the next time you have an appointment.

## Remember!

- If anything tingles more than a “2” or stings/burns, do NOT use that product. Wash it off and contact us.
- Apply sunscreen every day whether you are going outdoors or not.
- You can use Ultra Gentle Cleanser to remove your makeup, or you can find a non-comedogenic micellar water.
- Avoid perfumed or medicated shaving creams and aftershave lotions. See handout if you get shaving irritation. See handout for Shaving Instructions.