

Morning:

Step 1. 🍏 TrueCider Cleanser. Wash affected areas on face, chest and back.

Step 2. 🍏 TrueCider Serum. Apply to affected areas on face, chest and back.

Step 3. Prescription Compounded in 🍏 TrueLipids® Lotion. Apply to face only.

Clindamycin __1.1%

Erythromycin __2%

Azelaic acid __1% __2% __3%

Benzoyl Peroxide __2% __2.5% __3%

*If your compound contains benzoyl peroxide, Cleanse your face, apply serum and put your shirt on before applying the compounded prescription.



Evening:

Step 1. 🍏 TrueCider Cleanser. Wash face, chest, back.

Step 2. 🍏 TrueCider Serum. Apply to face, chest, back.

Step 3. Prescription Compounded in 🍏 TrueLipids® Lotion

Clindamycin __ 1.1%

Erythromycin __2%

Azelaic acid __1% __2% __3%

Benzoyl Peroxide __2% __2.5% __3%

Tretinoin: __ 0.02% __0.025% __0.03% __0.035% __0.04%

*If your compound contains benzoyl peroxide, then use sheets and towels/wear a shirt at night that you won't mind getting bleached.

