



GREENWICH POINT DERMATOLOGY

ACNE TREATMENT INSTRUCTIONS

DAILY SKIN REGIMEN

- Morning & Night
 - Refresh your face in the morning using cold or lukewarm water only. No soap.
 - Wash your face gently in the evening with a mild cleanser, avoiding use of rough washcloths, scrubs or brushes.
 - Recommended cleansers: Clear Wash, Restorsea Gentle Cleanser
 - After cleansing, apply topical medications or creams.
 - Then apply a moisturizer. During the day, use a moisturizer with sunscreen with SPF of at least 30 as many of these acne medications are drying and photosensitizing.
 - Recommended daytime moisturizers with SPF: Elta MD UV Clear
 - Recommended nighttime moisturizers: Neocutis Biocream
 - Only use non-comedogenic (won't clog pores) and oil-free products.

ACNE TREATMENT OVERVIEW

- We expect about 50% improvement at 5 weeks and maximum effect at 8-12 weeks, with acne often times appearing to get worse in the first few weeks before getting better. Consistency with any routine is essential. Prior to modifying any treatment regimen, we like to wait at least 8-12 weeks to allow maximum efficacy to be reached.

TOPICAL RETINOIDS (Facial Tret, Facial Tret Ultra, Body Tret)

- Use the medication every other night for the first 2 weeks. If after 2 weeks there is no redness or irritation, increase application to every night.
- Use a "pearl-sized" amount of medication to a clean, dry face and gently spread evenly over the entire face, avoiding the eye area.
- The medication should disappear into your skin quickly. If not, reduce the amount of medication used.
- These medications can cause dryness, irritation, and redness. They also cause photosensitivity so daily application of sunscreen with SPF of at least 30 is essential.
- Avoid facial waxing and other laser treatments if using a topical retinoid.

BP-Gel

- A combination antibacterial gel
- Use this product daily on acne-prone areas of the face, neck and chest.
- If your skin becomes too dry or red, use it every other day.
- This product bleaches clothing and linens so avoid direct contact with fabric.

D-Gel

- Often used for inflammatory acne
- Use this product daily on acne-prone areas. Avoid areas around the eyes and mouth.
- If your skin becomes too dry or red, use it every other day.

S-Gel

- Often used for hormonal acne

- Use this product daily on acne-prone areas. Avoid areas around the eyes and mouth.
- If your skin becomes too dry or irritated, use it every other day.

ORAL MEDICATIONS

Antibiotics, isotretinoin (Accutane), niacinamide, zinc, spironolactone, oral contraceptives

- If an oral medication was prescribed, take as directed.
- Many oral medications are photosensitizing, so daily sunscreen application with SPF of at least 30 is essential.
- If taking antibiotics, be sure to also consume probiotics to help with gastrointestinal side effects that are common with antibiotics. Probiotics are also anti-inflammatory and can be helpful for acne.
- A typical antibiotic course of treatment is 3-6 months with routine assessments.
- Isotretinoin, also known as Accutane, is used over a 5-6 month period with monthly monitoring and lab exams. One course of isotretinoin typically resolves acne.

RED & BLUE LIGHT THERAPY

Omnilux LED Therapy

- Red and blue light therapy can be paired with all your routine treatment to enhance results.
- The Omnilux blue™ panel transmits blue light that helps treat mild to moderate acne by targeting P.acnes bacteria.
- The Omnilux revive²™ panel transmits red light that has an anti-inflammatory and rejuvenating effect on the skin. It reduces hyperpigmentation and accelerates healing of acne blemishes and scars.

CHEMICAL PEELS

- Chemical peels help exfoliate and aid in cell turnover to reduce clogging of pores.
- Chemical peels may cause swelling, redness, crusting, dryness, skin sensitivity, itching, and peeling which could last for 1-2 weeks. In the days after the peel, the skin may feel and look tight, with parchment-paper like changes or darkening.
- Avoid picking at peeling skin in the days following treatment.
- Daily application of sunscreen with SPF of at least 30 is essential.

DIET

- High-glycemic carbohydrates like white bread, baked goods, and refined sugars can worsen acne as they cause inflammation, which can all exacerbate acne. Instead, we recommend a diet high in lower-glycemic carbohydrates such as whole grains, legumes, and vegetables.
- Anti-inflammatory, skin-boosting foods include: foods rich in zinc, such as vitamin A and E, omega 3s; foods rich in antioxidants such as yellow and orange fruits and vegetables, dark green and leafy vegetables, tomatoes, blueberries; and foods rich in fiber, protein, and healthy fats such as brown rice, quinoa, beans, salmon, and nuts.

MAKEUP

- Acne-friendly makeup brands are oil-free and non-comedogenic.
 - We recommend: ColoreScience, BareMinerals, Chantecaille

If you have any questions or concerns, please call our office at 203.764.2230.