



Treating Your Acne

Cleansing:

- Wash your face twice a day, every day
- Do not scrub aggressively when washing.
- If you are washing with a prescription cleanser that contains **Benzoyl Peroxide**, it may cause bleaching or discolorations of clothing and/or towels.
- If your skin becomes too dry when washing with **Benzoyl Peroxide**, begin to use the product once a day then wash with a gentle cleanser the other time of day.
 - Recommended cleansers: CeraVe cleansers, Cetaphil cleansers, Neutrogena cleansers, Purpose cleanser

Cosmetics/Moisturizers

- All products should be **oil-free and non-comedogenic**.
 - This should be listed on the products label.

Topical Acne Mediation Application:

- Apply only a pea size to entire face, morning or night.
- Avoid corners of your eyes, nose, and mouth. These areas tend to collect more of the medication and can cause irritation and excessive dryness.
- Using more of the medication than instructed will not make the acne clear up faster, it will only cause more irritation and dryness.
- It may take up 4-6 weeks to notice improvements, this is normal and expected. Do not become discouraged and stop using the medications.
- Do not pick, as picking can cause the redness to last longer than the acne itself.

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