



## Acne treatments

### General recommendations

1. Use a mild cleanser and moisturizer as needed.
2. Non comedogenic products preferred - lotions, sunscreens and makeups
3. It usually takes 2-3 months of consistent treatment to notice a difference.
4. If pregnant or planning to become pregnant please discuss with your provider - you will more than likely need to discontinue Rx's.

### Topical options

- **Retinoids** - Retin-A, Tretinoin, Tazarotene, Tazorac, Adapalene, Differin, Aklief
  - Can be drying - moisturize as needed
  - Will cause sun sensitivity
  - May need to start 3 nights weekly and increase as tolerated
  - Avoid waxing to the area and notify your aesthetician if using prior to procedures.
- **Clindamycin** - topical antimicrobial - use 1-2 times daily as written on Rx.
- **Benzoyl Peroxide (BPO) wash or topical** - (primarily OTC) -May cause dryness and bleach fabrics
- **Duac, Benzaclin** - Combination BPO and clindamycin - use on acne twice daily as tolerated - may bleach clothing
- **Aczone or Dapsone** - works as an anti microbial and anti inflammatory - 1-2 times daily
- **Winlevi** - Blocks androgen receptors in sebaceous (oil) glands - twice daily to affected areas
- **Finacea or Azelaic acid** - often used for rosacea - twice daily to affected areas - see retinol precautions
- **Metronidazole** - often used for rosacea - anti inflammatory and anti microbial - twice daily to affected areas
- **Soolantra or Ivermectin** - often used for rosacea - anti inflammatory - once daily
- **Sulfa wash, cream or lotion** - often used for rosacea - anti microbial - 1-2 times daily

### Oral options

- **Antibiotics** - Doxycycline, Minocycline, Amoxicillin, Bactrim - May increase risk of antibiotic resistance. Can cause GI upset, sun sensitivity, and vaginal candidiasis. Indicated 1-2 times daily
- **Spironolactone** - females only - can help with hormonally driven acne - can cause lightheadedness, breast tenderness and irregular periods.

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#### SILVERDALE

3505 NW Anderson Hill Rd  
Suite 201 · Silverdale, WA 98383

**360-698-6859**

#### GIG HARBOR

4700 Point Fosdick Dr  
Suite 219 · Gig Harbor, WA 98335

**253-851-7733**

#### TACOMA

4707 South 19th Street  
Suite 130 · Tacoma, WA 98405

**253-752-2273**



- **Isotretinoin or Accutane** - discuss further with your provider - typically involves a 6 month course of treatment with monthly follow ups and labwork as mandated by the iPledge program.

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