



**PENINSULA**  
**DERMATOLOGY**  
*and laser clinic*

**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
- **Spirolactone** - females only - can help with hormonally driven acne - can cause lightheadedness, breast tenderness and irregular periods.
- **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.