
Acne Treatments

General Recommendations

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

Topical Options

- **Retinoids** — Retin-A, Tretinoin, Tazarotene, Tazorac, Adapalene, Differin, Akliel
 - 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 / 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 / Azelaic acid** — Often used for rosacea — twice daily to affected areas — see retinoid precautions
- **Metronidazole** — Often used for rosacea — anti-inflammatory and anti-microbial — twice daily to affected areas
- **Soolantra / 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 — may cause lightheadedness, breast tenderness, and irregular periods.
- **Isotretinoin / 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.