

Adolescent Acne

Wash face twice daily

- Dry skin: CeraVe Hydrating Cleanser, Cetaphil Cleanser, Zerafite Cleanser
- Oily skin: CeraVe Foaming Cleanser, Cetaphil Oil Control, NoLIO Gly/ Sal Cleanser
- Benzoyl peroxide washes: Cerave Acne Foaming Cleanser, Neutrogena Clear Pore, PanOxyl

Moisturize twice daily

- CeraVe lotion, Cetaphil lotion, Zerafite cream
- Avoid heavy products such as Noxzema, Cocoa Butter, Shea Butter, or Vaseline

Avoid greasy hair products around the face. Wash off make-up prior to sleeping. Pillowcases should be changed frequently. Avoid squeezing and picking acne as this can lead to more scarring.

*If your dermatologist has prescribed an evening retinoid (adapalene/Differin/Epiduo, tretinoin/Retin-A, tazarotene), use only a pea-sized amount to cover the entire face avoiding the eyes and the mouth. When beginning treatment with a retinoid, start every other night and work-up to every night as tolerated.

Consistency and patience is key! Topical medications can take 6-12 weeks to show improvement. Your dermatologist may prescribe oral medications in addition to topical medications.

Your regimen:

Morning: Cleanse face Apply _____ Apply moisturizer	Evening: Cleanse face Apply _____* Apply moisturizer
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