



Isotretinoin Skin Care

Dry, sensitive, peeling skin is a common problem among patients taking isotretinoin for acne, especially on the face and lips.

For the body, we often recommend a gentle cleanser such as Dove sensitive skin and frequent application of a hydrating cream (not a lotion) for the body, such as CeraVe cream.

In order to repair the skin barrier and soothe irritated skin, we recommend products such as the following for the face. For the convenience of our patients, all those followed by a * can be purchased at our office.

Gentle Cleanser:

- Zerafite Creamy Cleanser *
- CeraVe Hydrating Cleanser *
- PCA Creamy Cleanser *
- Cetaphil Gentle Cleanser

Moisturizers:

- Zerafite Soothing and Calming Cream *
- CeraVe cream *
- Cetaphil cream
- PAORR Argan Oil (in addition to cream for moisture boost) *
- Vaseline, Aquaphor, CeraVe Healing Balm or Vaniply may also be used for severely chapped skin, but should be used in conjunction with a cream moisturizer

Chapped Lips:

- Vaseline, Aquaphor, CeraVe Healing Balm or Vaniply
- Cortibalm (with hydrocortisone) *
- Coola Liplux organic sunscreen *
- Avoid lip products containing menthol, camphor, or peppermint
- Moisturizing creams used for the face may also be applied to the lips

Dry Nose/ Nosebleeds:

- Ocean Spray or similar nasal saline spray
- Vaseline every night

Dry Eyes:

- TheraTear or similar artificial tears