

Hormonal Acne Skincare Regimen

- **First thing's first: we have to treat the underlying condition;** take all medications as prescribed and keep your appointments.
- Taking care of your skin does not have to be expensive or burdensome, this is an easy and cost effective way to go about it: (most of these items are available at low cost from Target/Amazon/Wal-Mart, etc.)
 - **Wash twice daily** with a mild cleanser; there are lots of options but our pick is Cerave
 - **Use a moisturizer after washing**, many brands offer a daytime lotion with spf and an evening lotion without spf.
 - Our pick: Cerave or BrandMD lotion and spf40 with Hyaluronic Acid available at the Mansfield clinic.
 - **Use a toner with alpha-hydroxy acids** (glycolic, salicylic, hyaluronic, etc) once or twice daily to encourage new skin turnover and control acne. You can order glysal pads on Amazon, and we offer BrandMD pads at the Mansfield office.
 - **Use a retinoic acid** (not the same as a retinol) at night to encourage new skin turnover, which reduces acne and prevents wrinkles. These are available by prescription, and insurance will pay if you are under 35.
 - We offer BrandMD Retinoic Acid cream at the Mansfield Clinic in 3 different doses: 0.025%, 0.05%, 0.1%
 - Start at the lowest dose (0.025%) and work slowly over a few months to the maximum dose (0.1%), which you can continue to use for life.
 - **Once a week, use a bath glove** (cheap at Target) with hair conditioner (cheap Suave works great) to do a body scrub, including the face. This removes the extra skin cells that the retinoic acid produces and helps deeply moisturize the skin. After finishing the scrub, apply a lotion or moisturizing cream, depending on how dry your skin is. Our pick: Cerave lotion and Cerave cream.
 - **Nodular acne deserves to be treated gently because it can scar permanently.** Avoid trying to pop the nodules and when they are painful or bothersome they can be reduced with a quick injection of steroids.
- Retinoic Acids (Retin-A)
 - What are they?
 - They are a variant of Vitamin A, which is sensitive to UV light, and this is why we only use them at bedtime.
 - How do they work?
 - They stimulate the layer of stem cells under your skin to make new cells faster.
 - When cells are moving quickly through the dermal layers, acne does not form as much, and it is less severe.
 - More new cells also means fewer wrinkles!

- Why does sunscreen matter?
 - Use of retinoic acids does cause some sun sensitivity, and it's important to protect your face every morning, including reapplying sunscreen **every 2 hours!**
- How do I know if the retinoic acid is working?
 - It takes a few months for the cream to really do its job, because it takes about 4 weeks for new layers of skin to start coming up to the surface.
 - There is a period after 2-3 weeks where patients will notice more acne, and this signifies that the new skin is starting to transform more quickly. It will improve during weeks 4-6.
- What if the retinoic acid still doesn't control my acne?
 - There are many other options we have, including pills like spironolactone, and doxycycline. Some studies suggest the diabetes drug metformin can help with acne.
 - There are prescription antibiotics that can be used on the skin in addition to the retinoic acid, including dapson, clindamycin and others.
- What can be done about acne scars?
 - There are a number of treatments available using laser technologies or microneedling procedures to address these problems. Schedule a consultation with a cosmetic dermatologist to determine how to best treat your particular condition.

Products Available in Office

Retinoic Acid 0.025%, 1 oz	\$ 30.00
Retinoic Acid 0.05%, 1 oz	\$ 40.00
Retinoic Acid 0.1%, 1.8 oz	\$ 60.00
Get all three	\$110.00

HydroEssence spf 40 with hyaluronic acid, 2 oz.	\$30.00
----------------------------------------------------	---------

Alpha-Hydroxy Acid/ Acne Correction pads, 60 count	\$20.00
-------------------------------------------------------	---------