Bruce P. Robinson, MD, FAAD
Diplomate American Board of Dermatology
121 East 60th Street, Second Floor
New York, New York 10022
www.BruceRobinsonMD.com
(212) 750 - 7121

Acne Skin Care Sheet

Morning Regimen

Cleanser ____ JAS Restorative Hydrating Cleanser
____ JAS Sensitive Skin Clarifying Cleanser
_____

Medicine CREAM: Onexton Soolantra Sodium Sulfacetamide Elidel
Finacea _____
PILLS: Minocycline Solodyne Doxycycline
Oracea Cefadroxyl Bactrim
***Please take with some food but avoid minerals (i.e. calcium, magnesium) or milk products one hour before or two hours after taking pill.
***Avoid sun or tanning parlors when using these medicines.

Moisturizer ____ JAS Restorative Hydrating Cream
____ JAS Renewal Rejuvenating Cream ____ VaniCream

Sunscreen Elta Aero Spray SPF 45, Elta UV Sport SPF 50 or Elta Tinted SPF 41

Dinner Regimen

PILLS: Minocycline Solodyne Doxycycline
Oracea Cefadroxyl Bactrim _____
***Please take with some food but avoid minerals (i.e. calcium, magnesium) or milk products one hour before or two hours after taking pill.
***Avoid sun or tanning parlors when using these medicines.

Bedtime Regimen

Cleanser ____ JAS Restorative Hydrating Cleanser
____ JAS Sensitive Skin Clarifying Cleanser
_____

Medicine CREAM: Epiduo Forte Ziana Epiduo Elidel Tazorac
Retin-A Differin Finacea_____

Moisturizer ____ JAS Restorative Hydrating Cream
____ JAS Renewal Rejuvenating Cream ____ VaniCream