

Bruce P. Robinson, MD, FAAD

Diplomate American Board of Dermatology
121 East 60th Street, Second Floor
New York, New York, 10022
Website: www.BruceRobinsonMD.com
Tele: (212) 750 – 7121
Email: info@brucerobinsonmd.com

Acne Skin Care Sheet

Morning Regimen:

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

Topical Medication: Soolantra Sodium Sulfacetamide Elidel
Amzeeq Finacea Zixli _____

Moisturizer: JAS Restorative Hydrating Cream
JAS Renewal Rejuvenating Cream Vani-Cream

Sunscreen: Elta UV SPF 47 Elta UV Sport SPF 50 Elta UV tinted SPF 41

Oral Medication: Minocycline 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 oral medication.

Dinner Regimen:

Oral Medication: Minocycline Doxycycline Oracea
Cefadroxyl Bactrim _____

*Please take with some food but avoid minerals (ex.: calcium, magnesium) or milk products one hour before or two hours after taking oral medication.

*Avoid sun or tanning parlors when using these medicines.

Bedtime Regimen:

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

Topical Medication: Epiduo Forte Soolantra Elidel
Tretinoin Akliief Finacea Arazlo

Moisturizer: JAS Restorative Hydrating Cream
JAS Restorative Hydrating Cream Vani-Cream

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How To Apply Topical Retinoids Tretonin | Akliel | Arazlo | Epiduo Forte

- 1) Wash face and let dry for 15-20 minutes. If you apply Topical Retinoids to a wet face you may experience stinging and burning.
2. Start using every other night for the first 2 weeks. Increase to every night if tolerated.
- 3) Apply only a "pea size" amount to your fingertip and then dot, dot, dot to the entire face. NO more is needed, Avoid the eyes and lips. If instructed a pea size can also be used to treat the chest and/or back.
- 4) Your medication may initially cause irritation. You may apply a non-comedogenic moisturizer. Over time, most people become more tolerant and have less irritation. Your face should not become beefy red and/or hurt. If this occurs, skip using your topical acne medication for a few days and call to schedule an appointment with Dr. Robinson.
- 5) Topical Retinoids can make your skin more sensitive to the sun. Therefore, tanning salons or sun lamps are **not** allowed. Always apply a non-comedogenic sunscreen (SPF 15 or greater) after applying the topical retinoid medication. Re-apply sunscreen every two hours or more often if sweating or after swimming. (ex.: non-comedogenic sunscreens include: EltaMD UV Physical Broad-Spectrum SPF 41- lightly tinted, EltaMD UV Pure Broad-Spectrum SPF 47, EltaMD UV Sport Broad-Spectrum SPF 50). For your convenience we have these sunscreens for purchase at the front desk.
- 6) If you plan to wax any hair in the treatment area, please stop the topical retinoid one week prior to waxing as tolerated.

Acne Facts:

It can take **2 - 3 months** before you will notice a considerable improvement.
At first, your acne may even get worse before it gets better!

BE PATIENT! There is no 'quick fix'; using more acne medicine than instructed will only irritate your skin.

Please schedule and keep regular follow-up appointments with Dr. Robinson to a) monitor your acne for improvement, b) adjust your acne medication as necessary and c) perform any other acne treatments. **STOP USING IF YOU BECOME PREGNANT!**