



VILLAGE DERMATOLOGY ACNE TREATMENT PLAN

Use the following retinoid nightly: _____

- Wash your face with a gentle cleanser such as CeraVe.
- Pat dry.
- Allow to dry thoroughly, waiting five to 10 minutes.
- Squeeze a green pea-size amount of medicine on your finger and dot all over face.
- Blend together.
- For the first three to four weeks of treatment, use every other night and increase to nightly as can tolerate. Some redness and scale is expected.
- Apply an oil-free moisturizer such as CeraVe PM as needed for irritation.
- DO NOT USE IF PREGNANT OR NURSING.

Apply the following topical medication: _____

- In the morning _____
- In the evening _____
- Twice a day _____

Take the following antibiotic: _____

- Once a day _____
- Twice a day _____

Take the following additional medication daily: _____

Use the following cleanser: _____

- In the morning _____
- In the evening _____

Additional treatment or product: _____



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Medicines containing Benzoyl Peroxide can bleach clothing and towels. Use an old towel/washcloth, old pillowcase, and sleep in an old t-shirt to avoid bleaching. Epiduo, Durac, Acanya, Onexton, and other topical washes and medicines contain Benzoyl Peroxide. In the event of skin irritation, reduce the amount of the drug applied or use it less frequently. When using Aczone at the same time as Benzoyl Peroxide, a brown discoloration may occur. If this happens, use the two medicines at different times of the day. Avoid pregnancy while on this therapy.

Doxycycline Counseling: Take with a full glass of water, avoid taking with dairy, and do not lie down for one hour after taking. There is possible photosensitivity and increased risk for sunburn. Avoid sunlight, if possible. When exposed to sunlight, wear protective clothing, sunglasses, and sunscreen. Call the office or message us through Klara immediately if the following severe, adverse effects occur: hearing changes, easy bruising/ bleeding, severe headache, or vision changes. Avoid pregnancy while on this therapy due to potential birth defects.

Solodyn/Minocycline Counseling: Side effects include possible photosensitivity and discoloration of the teeth, skin, lips, tongue, and gums. Avoid sunlight if possible. When exposed to sunlight, wear protective clothing, sunglasses, and sunscreen. Call the office or message us through Klara immediately if the following severe, adverse effects occur: hearing changes, easy bruising/bleeding, severe headache, or vision changes. Take with a full glass of water, avoid taking with dairy, and do not lie down for one hour after taking. Avoid pregnancy while on this therapy due to potential birth defects.

Spirolactone Counseling: Risks include, but are not limited to, diarrhea, abdominal pain, hyperkalemia, birth defects (for female patients), liver toxicity, and renal toxicity. Blood work is needed to monitor liver and kidney function and potassium levels while on this therapy in some patients. Avoid pregnancy while on this therapy.

Birth Control Pill Counseling: Potential side effects of OCP's include, but are not limited to, increased risk of stroke, heart attack, thrombophlebitis, deep venous thrombosis, hepatic adenomas, breast changes, GI upset, headaches, and depression.

**PLEASE CALL THE OFFICE OR MESSAGE US THROUGH KLARA IF
YOU HAVE ANY QUESTIONS OR CONCERNS. 205.877.9773**