



## ***Dermatology Solutions, Inc.***

### **Topical Care of Your Acne**

#### ***Morning***

- Benzoyl Peroxide Wash 5%/10%
- Clindamycin phosphate solution/lotion
- Vanicream Sport Sunscreen

#### ***Evening***

- Vanicream cleansing bar
- Tretinoin/Retin-A microgel/Differin/Tazorac
- Vanicream light lotion

How to get great results with the products that I have selected for you

1. Wash your face gently, there is no need to scrub or exfoliate
2. Use enough of the medicine or moisturizer to soak into the skin, there is no point in applying so much that there is a residue of product.
3. When working with Tretinoin or Retin-A microgel use a pea sized amount to cover your entire face(at night only).
  - a. Irritation may occur for 2-3 weeks in the beginning, that's where Vanicream lite lotion is very helpful.
  - b. You may experience a mild flare of whiteheads/blackheads during the first month of therapy-this is normal so please don't give up!
4. It takes about 8-12 weeks for applied medicines to work for Acne, so please be patient.

If you have any questions or concerns please call us, we are here to help!

Other options that are helpful

- Beta Lift peels
- BLU-U
- PDT

*Dermatology Solutions, Inc. is a skin care products company founded in 2002 that is committed to the highest quality products we can find. Our philosophy is to offer you a personalized skin care regimen that is tailor made to help solve your skin care problem. Dr. Samel and his staff want you to be able to tap into our expertise in the ever-changing landscape of new skin care products. Our products are carefully selected based on the merits of the ingredients and medical evidence. It is important for you to understand that as a patient of Attleboro Dermatology, you are under no obligation to purchase products from Dermatology Solutions and that you have other options.*