ADVANCED DERMATOLOGY & SKIN CARE SPECIALISTS

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**Accutane Instruction Sheet**

1. Stop all acne products, including acne washes, creams and oral acne medications.
2. Moisturize lips multiple times a day with Chapstick, Vaseline, Aquaphor, Cortibalm HC.
3. Use mild cleanser to wash face and body such as Dove soap, Cetaphil gentle cleanser, Basis or Purpose soap.
4. Take only Motrin, Advil or ibuprofen for headaches or joint aches. Avoid Tylenol.
5. Do not drink alcohol while taking Accutane.
6. Do not take any extra medication that may interact with Accutane. This includes multivitamins.
7. Please notify other physicians that you are taking Accutane, so that they may determine whether or not you should be put on certain medications. You should NOT take any tetracycline, Doxycycline or Minocycline while you are taking Accutane Other antibiotics such as Penicillin, Erythromycin, Bactrim, Z-packs, etc., are compatible with Accutane.
8. If you develop a severe headache that does not resolve please call the office immediately.
9. You may use moisturizers for the body if the skin becomes dry. If you develop red, itchy patches of severely dry skin you may need to be given a topical steroid.
10. Accutane is very sun sensitizing. You need to protect your skin daily with an SPF of at least 30.
11. No waxing or other cosmetic procedures such as chemical peels or microdermabrasion should be done while on Accutane.
12. Do Not Share your Accutane with anyone.
13. For females, do not get pregnant or breastfeed while on Accutane.
14. Do not give blood while on Accutane and for one month after Accutane is completed.
15. Call the office immediacy if you develop hearing or vision problems.
16. For contact lens users, contact your eye doctor regarding contact lens use while on Accutane.

**Post Accutane Instructions**

1. Finish all your Accutane tables prescribed to you.
2. Accutane will stay in your bloodstream for one month after you complete the last Accutane pill.
3. All females should continue to take birth control pills and use a second form of birth control during this month. After, this additional month, you may stop the pills if desired. However, I would not recommend becoming pregnant for 6 months post Accutane treatment.
4. Continue all gentle cleansers and lotions for the month after stopping the Accutane. After that, you may stop using lotions and Chapstick, and should change to regular soap such as Dial.
5. You will be sensitive to the sun the month after Accutane is stopped.
6. If you should develop a lot of acne lesions please call the office. WE would start a topical cream such as Differing or Retin A. If this does not control the acne, a second course of Accutane may have to be considered.
7. You should not consider having any procedures to treat acne scars for 6-12 months after Accutane is discontinued.