

# Acne Regimen by Dr. Nicole Russini, M.D.

## MORNING ROUTINE:

Face wash:

Prescriptions:

OTC recommendations:

## EVENING ROUTINE:

Face wash:

Prescriptions:

OTC recommendations:

## Important acne related information:

### **Retinoid specific instructions: (aka Tretinoin)**

- Do not use every day to start, you will need to get used to the medication slowly
- Use the medication the day you obtain it, and several days later for a total of twice that week. The following week try using the cream 3 times that week, then 4 times the next week and so on and so forth until you can use the medication daily
  - If you find you are having a lot of irritation from generic tretinoin we have a brand name retinoid at our office, “Altreno” that we find is less irritating due to the cream base of the medication, if you prefer to get your tretinoin at our office vs. a regular pharmacy
- This schedule applies for initiating tretinoin as well as each time there has been a dose increase
- I would recommend mixing with your favorite moisturizer
- If you find your face is peeling decrease the number of nights you use per week, or if you tolerate the cream with no problem then you can increase to daily use sooner
- All retinoids are night creams as they will be inactivated by the sun, they can also make you slightly more sensitive to the sun, make sure to wear daily sunscreen, sunscreen in makeup does NOT count you need an actual sunscreen or a moisturizer with sunscreen

- Do not use benzoyl peroxide based products at the time time as a retinoid as they will inactivate each other
- This medication as with many of the acne medications is NOT safe during pregnancy

## OVER THE COUNTER (OTC) RECOMMENDATIONS:

### Gentle wash recommendations:

- CeraVe foaming cleanser- a great daily cleanser
- La Roche Posay Toleraine purifying cleanser- a great daily cleanser
- *Elta MD foaming facial cleanser*- I find this is the best option to remove makeup
- Vanicream facial cleanser- a great option for people who are prone to sensitive skin
- Cetaphil gentle skin cleanser- best bang for your buck, very gentle/light option
- *Zo gentle cleanser*- good mild cleanser for every day use

### Makeup removing recommendations

- CeraVe makeup removing cleansing balm- normally I would not recommend this to acne prone patients but this works very well to remove makeup, definitely use in combination with a good face wash (my preference would be the Elta MD foaming cleanser)
- Micellar water- I find the CeraVe micellar water or the garnier micellar water works well with cotton rounds

### Benzoyl Peroxide wash recommendations

- \*anything that contains BPO can bleach clothing so be careful with towels/pillowcases, with all of these you want to let sit on the skin for 1-2 minutes before washing off so it gives time for the medication to work, research has not proven the 10% option to be more effective than the lower strength options so I would recommend using lower percentages for less irritation
  - CeraVe acne foaming cleanser- 4% or 10%
  - *PCA Skin BPO wash 5%*- good medium strength option
  - Panoxyl- 4% or 10%, they also sell it in bar form which is great for body acne

### Facials:

- Regular facials can be really helpful with managing acne- our aesthetician Felicia does a variety of acne facials, you can do a free consultation with her to discuss your options!
  - In a perfect world she would recommend once monthly acne facials for acne prone patients but at least every 3 months would be a great start!

### Moisturizer recommendations

- Neutrogena hydroboost gel cream- I find this has a very light texture, great in the summer if you don't want something thick
- Vanicream facial moisturizer- I find this to be on the light to medium side for texture, its very gentle

- *Skinceuticals triple lipid moisturizer*- this is my all time favorite moisturizer, its a great thick moisturizer, smells amazing, and a little goes a long way
- La Roche Posay- Toleraine double repair moisturizer

**Sunscreen recommendations:**

- My personal preference is to use a moisturizer and sunscreen separately but its up to you, there are many moisturizers with sunscreen in them
- Neutrogena- invisible daily defense face serum SPF 60, formula is light and non-greasy
- *Elta MD UV clear*- this is specifically formulated for acne prone patients so it doesnt clog pores
- *Elta MD tinted sunscreen* is a great option for those who don't wear makeup and want some tint to the skin, great for people with hyperpigmentation issues
- Supergoop unseen sunscreen- this is a very light sunscreen for those who like a very light formula, if you can find it, trader joes sells a great dupe of this
  - Fun fact: super goop also sells eyeshadow sunscreen!

**Exfoliants:** \*VERY IMPORTANT- do not aggressively scrub your skin with anything it will get rid of all the good oils on your skin, these are recommendations for a \*light exfoliation\*

- If prone to oily skin: → *Zo Acne treatment pads- 2%*
- If you want a mild exfoliant → First aid beauty- facial radiance pads with Glycolic acid and lactic acid

*\*If in Italics that means we offer the product here at our office*