

SKIN CARE



Am

Wash

Vanicream Gentle Cleanser
Clarifying Pads
CLN

Correct

Winlevi
Azelaic Acid
Boosting Serum
Dapsone Topical

Other _____

Protect

Elta Clear
Elta Elements
Vanicream SPF
Revision Intellishade



Pm

Wash

Vanicream Gentle Cleanser
Clarifying Pads
CLN

Protect

Vanicream Lite Lotion
Vanicream Cream
Avene Cicalfate
Vaseline

Other _____

Correct

Winlevi
Tretinoin
Tazarotene
Azelaic Acid

Retinoids

NOT pregnancy-safe. To minimize initial irritation: apply moisturizer 1st, use a pea-sized amount, start 3-times weekly, slowly increasing to nightly if tolerated. Avoid use near eyelids, nose, and mouth corners. Takes 6 wks for results.

Spirolactone

NOT pregnancy-safe. Possible side effects: increased urination, breast tenderness, dizziness. Discuss with primary doctor if taking blood pressure medicine(s). Takes 3 months for results.

Oral Antibiotics

Take with food + full glass of water. Do not lie flat for 1 hour after ingestion. Makes you more sensitive to sunlight. Most are NOT safe during pregnancy. Do not take with isotretinoin. *Not a long term acne solution.*

**Notify us if any
prescription
costs > \$65
(it shouldn't)**

