

Skin Care for Mild-to-Moderate Acne

Prescription medications for acne work best when you support them with this straightforward 3-step skin care regimen

Step 1: Cleansing (Day & Night)



Wash using lukewarm water



Use gentle, non-irritating hydrating skin cleansers



Do NOT scrub or wipe.
Gently pat dry with a cotton towel

- Wash using lukewarm water in the morning and at night. Water that is too hot or too cold can irritate the skin and should be avoided.
- Do NOT use or add any products other than what is suggested. Example: oils, astringents, alcohol wipes, fragrances, additive treatments as they may interfere with treatment.
- Do NOT use soap. Soap can elevate skin pH causing excess dryness. Using gentle skin cleansers to remove excess oils without disrupting the skin's natural protective barrier, (see suggestions below).
- Do NOT scrub or use exfoliating scrubs, as this will irritate the skin and potentially increase oil production. Only brief skin contact time and gentle cleansing is required
- Sometimes a medicated cleanser may be recommended or prescribed to support your acne treatment. Note that some of these medicated cleansers may cause skin dryness, irritation or potentially bleach fabrics (i.e. cleansers containing Benzoyl Peroxide)
- Dry the skin by gentle patting with a cotton towel – do NOT wipe the skin dry.

Suggested gentle, non-irritating cleansers: [CeraVe Foaming Facial Cleanser](#), [La Roche-Posay Effaclar Gel Cleanser](#), [Cetaphil Dermacontrol Oil Control Foam Wash](#), [Spectro Cleanser for Blemish-Prone Skin](#)

Medicated cleansers (with Benzoyl Peroxide or Salicylic Acid): [CeraVe SA Cleanser](#), [Vichy Normaderm Anti-Acne Cleanser](#), [Neutrogena Rapid Clear Stubborn Acne Cleanser](#), [Benzagel 5 Acne Wash](#)

Step 2: Moisturize (Day & Night) & Protect (Day)

- Apply a moisturizer to affected areas, morning and night, ideally when the skin is still a little damp following your pat dry.
- It is crucial that a non-irritating, oil-free moisturizer be applied to all affected areas immediately after cleansing to avoid dryness and potential irritation caused by prescription medications.
- Some acne medications may cause sensitivity to UV exposure, so it is extremely important during the day to use sun protection (minimum SPF 30). For sun-protection, two options are recommended:
 1. Use a non-irritating, oil-free moisturizer with added sun protection (minimum SPF 30)
 2. Use a non-irritating, oil-free moisturizer without sun protection and add a facial sunscreen product (minimum SPF 30) after applying your acne medication (after step 3 below)



Apply moisturizer all affected areas day & night



Apply sun protection during the day
(minimum SPF 30)

Suggested moisturizers with added sun protection: [CeraVe AM Facial Moisturizing Lotion SPF 30](#), [CeraVe Ultra-light Moisturizing Lotion SPF 30](#), [La Roche-Posay Toleriane Sensitive SPF 30](#), [Cetaphil Dermacontrol Pro Oil Control Moisturizer SPF 30](#)

Suggested moisturizers without sun protection: [CeraVe PM Facial Moisturizing Lotion](#), [CeraVe Moisturizing Lotion](#), [La Roche-Posay Effaclar Mat](#), [La Roche-Posay Toleriane Ultra Fluide](#)

Suggested Facial Sunscreens: [La Roche-Posay Anthelios XL Dry Touch SPF 60](#), [La Roche-Posay Anthelios Ultra-Fluid Face Lotion SPF 50+](#), [Vichy Idéal Soleil Anti-Shine Dry Touch Lotion SPF 60](#), [Vichy Idéal Soleil Ultra-Fluid Mineral Tinted Sunscreen Lotion SPF 60](#), [Neutrogena Clear Face Sunscreen Lotion SPF 30](#)

Step 3: Treatment

Once moisturizer is absorbed, apply any other treatment as directed by your physician
Apply a sunscreen to exposed skin prior to going outside

Frequently used Over the Counter Treatments: [La Roche-Posay Effaclar Duo+](#), [Vichy Normaderm Anti-Acne Moisturizer](#)