**PERSONALIZED ACNE ROUTINE**

<table>
<thead>
<tr>
<th>Washes:</th>
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<tbody>
<tr>
<td>• Benzoyl Peroxide wash 2.5%</td>
<td>5%</td>
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<tr>
<td>• Sulfur wash (10% sulfur soap)</td>
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<tr>
<td>• Neutrogena® foaming wash</td>
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<tr>
<td>• Cetaphil® gentle/CeraVe® foaming wash</td>
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</tbody>
</table>

**Topical medications:**

- Metronidazole | gel | cream to | once a day | twice a day |
- Ivermectin | 1% cream to |  | every morning |
- Clindamycin | 1% gel | lotion to |  | every morning |
- Dapsone | 5% | 7.5% gel to |  | twice a day |
- Tretinoin | 0.01% | 0.025% | 0.05% | 0.1% to | every night | every other night |
- Topical medications:

- Metronidazole \(gel\) | cream to | once a day | twice a day |
- Ivermectin | 1% cream to |  | every morning |
- Clindamycin | 1% gel | lotion to |  | every morning |
- Dapsone | 5% | 7.5% gel to |  | twice a day |
- Tretinoin | 0.01% | 0.025% | 0.05% | 0.1% to | every night | every other night |

When using on the face, use pea size amount only. Avoid eyes, nasal creases and corners of mouth.  
☐ Apply recommended moisturizer to face at night before applying Tretinoin.

**Oral medications:**

- Doxycycline | mg | once a day | twice a day | 2 hours after antibiotic pill |
| Sarecycline | mg | once a day | twice a day |  |
| Sulfamethoxazole/Trimethoprim | once a day | twice a day |  |
| Minocycline | mg | once a day | twice a day |  |

All antibiotics should be taken with a large meal and 8 oz of water. Do not lay down for at least 30 minutes afterward.

- Florastor probiotic | once a day | twice a day |
- Sarecycline | mg | once a day | twice a day |
- Spironolactone | mg | once a day | twice a day |

Other instructions:  

**IMPORTANT:** DO NOT TAKE THESE MEDICATIONS IF YOU ARE PREGNANT OR LACTATING. INFORM YOUR PROVIDER IF YOU ARE PLANNING ON A PREGNANCY. THESE MEDICATIONS CAN LEAD TO BIRTH DEFECTS AND/OR CAN HARM YOUR FETUS OR CHILD. IF YOU ARE ON ORAL BIRTH CONTROL, YOU MUST USE A SECOND FORM OF BIRTH CONTROL. ORAL ANTIBIOTICS INTERFERE WITH YOUR BIRTH CONTROL PILLS AND YOU CAN GET PREGNANT.

**ATTENTION:** Your pharmacy does not always inform us if you were unable to get your prescriptions. If you have any issues picking up your medications (whether it be that the pharmacy did not receive the prescriptions, they were too expensive or they were not covered by your insurance), PLEASE CALL THE OFFICE at \(\underline{\text{__________}}\) within 24-48 hours and inform us so we can address the problems. Otherwise, we will just assume you received your medication.

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