

HILL CENTER FOR DERMATOLOGY P.C.

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Acne/ skin care handout

1. Take antibiotics as directed if prescribed. Review side effects on handout/package insert.
2. Wash with _____ (recommend in shower) and moisturize with Cetaphil/Cerave or other mild cleanser/moisturizer in morning.
3. Moisturize throughout the day as needed and if in sun recommend SPF >15, re-apply every 2 hrs.
4. Wash plus moisturize with Cetaphil/Cerave in evening.
5. Apply thin film (pea-size amount only) of _____ to affected areas in evening.
6. Repeat above steps daily.