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Acne Skin Care Sheet

Morning Regimen

Cleanser ____ JAS Restorative Hydrating Cleanser
____ JAS Sensitive Skin Clarifying Cleanser
_____

Medicine CREAM: Onexton Soolantra Sodium Sulfacetamide Elidel Finacea _____
PILLS: Minocycline Solodyne Doxycycline Oracea Cefadroxyl Bactrim

***Please take with some food but avoid minerals (i.e. calcium, magnesium) or milk products one hour before or two hours after taking pill.
***Avoid sun or tanning parlors when using these medicines.

Moisturizer ____ JAS Restorative Hydrating Cream
____ JAS Renewal Rejuvenating Cream ____ VaniCream

Sunscreen Elta Aero Spray SPF 45, Elta UV Sport SPF 50 or Elta Tinted SPF 41

Dinner Regimen

PILLS: Minocycline Solodyne Doxycycline Oracea Cefadroxyl Bactrim _____

***Please take with some food but avoid minerals (i.e. calcium, magnesium) or milk products one hour before or two hours after taking pill.
***Avoid sun or tanning parlors when using these medicines.

Bedtime Regimen

Cleanser ____ JAS Restorative Hydrating Cleanser
____ JAS Sensitive Skin Clarifying Cleanser
_____

Medicine CREAM: Epiduo Forte Ziana Epiduo Elidel Tazorac Retin-A Differin Finacea_____

Moisturizer ____ JAS Restorative Hydrating Cream
____ JAS Renewal Rejuvenating Cream ____ VaniCream