

Isotretinoin Survival Guide

SKINCARE RECOMMENDATIONS:

- Wash with a gentle foaming cleanser such as CeraVe or Cetaphil
- Moisturize at least twice daily
- For extreme dryness, an emollient may be helpful
- Sunscreen (at least 30 SPF) is important and should be reapplied often, especially when participating in outdoor activities. Severe scarring and burns can occur if skin is not protected
- Moisturize skin (especially arms and hands) 1-2 times daily
- Sometimes, rashes may occur (especially on tops of the hands and forearms). If so you may need a prescription medication
- For the lips - apply Vaseline, Aquaphor, or CeraVe Healing ointment
 - Dr. Dan's lip balm is helpful for painful/cracked lips
- For the eyes - use artificial tears as often as needed for dry eyes
- For those that wear contact lenses - if your eyes get too dry (or you leave your contacts in too long or overnight) you are at risk for corneal abrasion. This is very painful and will require a visit to an eye doctor.
- Any vision changes or decrease in night vision should be reported to our office ASAP
- For the nose - use saline nasal spray twice daily

AVOID THE FOLLOWING:

- Donating blood
- Taking multivitamins or any supplements containing Vitamin A
- Sharing your medication with anyone
- Tanning beds or sun exposure (without SPF 30 at least)
- Having any elective surgical or cosmetic procedures including laser (as this medication can delay healing or result in scarring) for 6 months post therapy.
- Waxing piercings, tattoos, or any other procedure which breaks the skin
- Missing appointments
- Avoid these medications:

- Tetracyclines, doxycycline, minocycline
 - St Johns wart
 - Dilantin
 - Mini-pill (progestin-only birth control pills)
 - Tylenol (acetaminophen)
- Females: do not get pregnant or breastfeed (and comply 100% with both contraceptive methods)

EMERGENCIES:

If any of the following occur, please seek immediate medical attention and notify our office at 912.354.1018.

- Severe headache which does not resolve with typical headache remedy (Advil, Aleve)
- Severe abdominal pain that does not resolve within four hours
- Sunburn with blistering