



Back Home Care Instructions for Weeks 1-2

MORNING OR EVENING ROUTINE

CLEANSE	SERUM	ADVANCED ACNE MED	SUNSCREEN
Ultra Gentle Gel Cleanser			
L-Mandelic Face and Body Wash	11% L-Mandelic	10% Advanced Acne Med	Daily SPF 30 Lotion
Acne Face and Body Wash	15% L-Mandelic	Sulfur Spot Treatment	Mineral Matte SPF 28
L-Mandelic Face and Body Scrub	10% Glycolic		
Acne Face and Body Scrub			

1. **Cleanse:** Using your cleanser and a little warm water, wash the area experience acne gently. Rinse thoroughly with water.
2. **Serum:** Apply _____ pumps onto palm and apply with fingers to entire back. Apply every other day.
3. **Advanced Acne Med:** Apply a quarter size amount or less, depending on the size of the area that is experiencing breakouts.
4. **Sunscreen:** (Only when skin is exposed) apply a medium sized amount to back. Reapply hourly when in direct sun or after swimming/perspiring.

ADVANCED ACNE MED PRECAUTIONS

- **Not When Working Out**
Do not wear **Advanced Acne Med** when you expect to perspire, as in exercising, physical labor or getting hot in the sun. If you are wearing it, wash it off or it will irritate your skin.
- **Will Bleach Fabric**
Advanced Acne Med will bleach fabric. Use white pillowcases when you start wearing it overnight. Make sure to wash your hands with soap after using it to avoid bleaching towels.
- **Allergic Reaction**
Allergies to benzoyl peroxide are rare but do occur occasionally. Dry skin does not constitute an allergic reaction; rather an allergy is characterized by itching, swelling or burning associated with a rash (similar to a mild case of poison ivy dermatitis). If an allergic reaction occurs, stop using **Advanced Acne Med** and contact us immediately.
- **Use Consistently**
If you skip a day or two, or only spot treat, it gives a chance for acne to form. You must apply your come care routine consistently to reach and maintain clear skin.
- **Expect Some Dryness**
Expect your skin to get a bit dry while getting used to the **Advanced Acne Med**. This is normal; however, if your skin gets uncomfortably dry, please contact us so we can adjust your home care routine. Do NOT stop using your **Advanced Acne Med** until the next time you have an appointment—when in doubt, call us.