

Back Home Care Instructions for Weeks 1-2

MORNING OR EVENING ROUTINE

Cleanse	Serum	Acne Med	Sunscreen
L-Mandelic Face and Body Wash	11% L-Mandelic	10% Acne Med	Daily SPF 30 Lotion
Acne Face and Body Wash	15% L-Mandelic	Sulfur Spot Treatment	Ultimate Protection 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. 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.

ACNE MED PRECAUTIONS

- **Not When Working Out**
Do not wear 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**
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 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 home 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 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 Acne Med until the next time you have an appointment—when in doubt, call us.