

# ISOTRETINOIN CARE

CARING FOR YOUR SKIN + BODY

Welcome to isotretinoin! This medication is a derivative of vitamin A and can be very drying to the body. As we have discussed in the office, there are some important things to remember while taking this medication that will protect your skin and body and decrease the nuisance of side effects.

## TIPS:

1. Your skin will be *DRY*. This is *normal*. It will continue throughout your treatment and will be worse at times than others. Drink plenty of water and apply lotions and emollients often.
  - a. **CLEANSERS:** Gentle, unscented, like Dove, Eucerin, Cetaphil, Avene, CeraVe...
  - b. **LOTION:** Eucerin, Avene, CeraVe, Cetaphil, etc.
  - c. **LIPS:** Aquaphor, CeraVe Healing Ointment, Cicalfate Lip balm **OFTEN**
  - d. **SUPPLEMENTS:** Vitamin E
  - e. **HAIR:** Most patients like not having an oily scalp. However, if you notice your hair is too dry, try a deep conditioner like DHS Conditioning Rinse. (See Amazon Storefront for link.)
2. This dryness can extend to the mucous membranes as well. This includes nasal passages, vaginal area, mouth, eyes, etc.
  - a. Contact lens wearers should use saline eye drops during the day and/or gel at bedtime. (Brands : Genteal or Systane)
  - b. Nasal passages/Nosebleeds: Apply plain vaseline or Aquaphor up the passages gently with a q-tip 1-2 x a day to moisturize. You can also use saline nasal spray and/or a room humidifier.
  - c. Vaginal dryness is less common, but can be improved with the application of plain KY classic glide.
3. **SUN PROTECTION:** Your skin is more vulnerable while taking this medication. Apply sunscreen daily and every 90 minutes when outdoors. Use UPF clothing when possible and stay in shade. If you must be in the sun, consider an oral supplement called Heliocare. See Amazon Storefront for link.
4. **JOINT PAIN:** The lubrication in your joints is temporarily decreased and may result in joint pain while taking medication.
  - a. Ibuprofen- Use as directed with food.
  - b. Glucosamine sulfate 1500mg and chondroitin sulfate 1200mg daily
5. A normal multivitamin is **OKAY** to take during isotretinoin.
6. Avoid acetaminophen, excessive energy drinks, b vitamins, creatine, and excessive alcohol consumption while taking medication.
7. **NO PIERCINGS, TATTOOS, OR ELECTIVE SURGERIES WHILE ON ISOTRETINOIN.** Oral surgery like wisdom tooth removal is okay.