



# Home Care Instructions for Weeks 1 and 2

## MORNING ROUTINE

| CLEANSE                         | ICE | TONE             | SERUM            | HYDRATE/<br>MOISTURIZE | SUNSCREEN            |
|---------------------------------|-----|------------------|------------------|------------------------|----------------------|
| Barrier Balance Creamy Cleanser |     | Moisture Balance | L-Mandelic Serum | hydraBalance Gel       | Daily SPF 30         |
| Ultra Gentle Gel Cleanser       |     | Calming Facial   | Salicylic+ Serum |                        | Mineral Matte SPF 28 |
| L-Mandelic Wash                 |     | Sal-C            | Glycolic Serum   | clearDerma Moisturizer |                      |
| Acne Wash                       |     | Glycolic-Lactic  | Retinal B3 Serum | Cran-Peptide Cream     |                      |
| Antioxidant Scrub               |     |                  |                  |                        |                      |
| L-Mandelic Scrub                |     |                  |                  |                        |                      |
| Acne Scrub                      |     |                  |                  |                        |                      |

## STEP-BY-STEP

- 1

**Cleanse:** Using your cleanser and a little warm water, cleanse your face gently with your fingertips, avoiding the eye area. Rinse thoroughly with water.
- 2

**Ice:** Apply ice to inflamed breakouts using a slow circular motion without stopping for 1-2 minutes. Pat dry.
- 3

**Tone:** Pour a small amount on a (flat) cotton round and apply to face.
- 4

**Serum:** Apply 1 pump onto palm and apply with fingers to entire face (and/or back, chest). Apply every other day.
- 5

**Hydrate and/or Moisturize:** This is an optional step to add if you are dry. Apply for added moisture.
- 6

**Apply Sunscreen:** Apply liberally on face and neck at least 15 minutes before sun exposure. Re-apply hourly when in direct sun or after swimming/perspiring. Apply your noncomedogenic makeup; if desired.

Optional Supplements: **Clear Skin Restore & Clear Skin Balance**



## EVENING ROUTINE

| CLEANSE                         | ICE | ADVANCED ACNE MED      | CLEANSE | tone             | HYDRATE/<br>MOISTURIZE |
|---------------------------------|-----|------------------------|---------|------------------|------------------------|
| Barrier Balance Creamy Cleanser |     | 2.5% Advanced Acne Med |         | Moisture Balance | hydraBalance Gel       |
| Ultra Gentle Gel Cleanser       |     | 5% Advanced Acne Med   |         | Calming Facial   | clearDerma Moisturizer |
| L-Mandelic Wash                 |     | 10% Advanced Acne Med  |         | Sal-C            | Cran-Peptide Cream     |
| Acne Wash                       |     | Sulfur Spot Tx         |         | Glycolic-Lactic  |                        |
| Antioxidant Scrub               |     |                        |         |                  |                        |
| L-Mandelic Scrub                |     |                        |         |                  |                        |
| Acne Scrub                      |     |                        |         |                  |                        |

## STEP-BY-STEP

**1** **Cleanse:** Using your cleanser and a little warm water, cleanse your face gently with your fingertips, avoiding the eye area. Rinse thoroughly with water.

**2** **Ice:** Apply ice to inflamed breakouts using a slow circular motion without stopping for 1-2 minutes. Pat dry.

**3** **Apply Advanced Acne Med Mask:** Apply dime to nickel size amount to entire area avoiding eye and neck. Follow the below timed schedule for Week 1-2. **You can opt to add hydraBalance Gel prior to the Advanced Acne Med if your skin is dry and dehydrated.**

| DAYS 1 - 3                | DAYS 4 – 7                | DAYS 8 – 10           | DAYS 11 – 13           |
|---------------------------|---------------------------|-----------------------|------------------------|
| Apply mask for 15 minutes | Apply mask for 30 minutes | Apply mask for 1 hour | Apply mask for 2 hours |

**4** **Cleanse:** Using your cleanser and a little warm water, cleanse your face gently with your fingertips, avoiding the eye area. Rinse thoroughly with water.

**5** **Tone:** Pour a small amount on a (flat) cotton round and apply to face.

**6** **Moisturize:** Apply moisturizer all over face and neck, avoiding eye area. **You can opt to add hydraBalance Gel prior to your moisturizer if your skin is dry and dehydrated.**



### Day 14 Instructions:

If you get to Day 14 before your next clinic appointment, you will proceed to Cleanse, Toner and use **Advanced Acne Med** all night (in the absence of dryness and irritation). Let **Advanced Acne Med** absorb and dry for at least 60 seconds before adding a moisturizer.

## Advanced Acne Med Precautions

- **Not on Eye or Lower Neck**  
Do not use **Advanced Acne Med** on your neck or eye area. The tissue in the eye and neck area is delicate, and **Advanced Acne Med** will irritate the skin too much.
- **No Eye Cream**  
Do not use eye cream or moisturizer around the eyes or neck because the **Advanced Acne Med** will migrate through the cream and cause irritation and possible swelling.
- **Eye Irritation**  
Allow your **Advanced Acne Med** to dry before going to bed. If your eyelids get irritated, try changing your pillowcase more often. When you are wearing **Advanced Acne Med** all night, it will get on the pillowcase.
- **Smile Lines**  
This area tends to be the most sensitive area on the face and will be the first place you see irritation and dryness. You can put a very thin layer of Vaseline on this area to occlude it for a few days and then resume product use there.
- **No 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, so we suggest wearing a white shirt or T-shirt when using it. 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 do 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 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.



## Remember!

- If anything tingles more than a “2” or stings/burns, do NOT use that product. Wash it off and contact us.
- Apply sunscreen every day whether you are going outdoors or not.
- You can use **Ultra Gentle Gel Cleanser** to remove your makeup, or you can find a non-comedogenic micellar water.
- Avoid perfumed or medicated shaving creams and aftershave lotions. Ask your Acne Expert for the **Shaving Tips** handout if you get shaving irritation.