

Accutane Aftercare Instructions

ACCUTANE AFTERCARE INSTRUCTIONS

Thank you for choosing Accutane to manage your acne. Accutane is a powerful medication that requires proper aftercare to ensure the best possible results while managing any side effects. Please follow these instructions carefully.

DURING THE TREATMENT

Stay Hydrated: Accutane can cause dryness in the skin, lips, and eyes, so it's essential to drink plenty of water throughout the treatment to keep your body hydrated.

Use Gentle Skincare Products: Choose mild, non-comedogenic (non-pore clogging) skincare products. Avoid harsh scrubs, astringents, or any skincare with alcohol that could dry out your skin even further. Opt for gentle, hydrating products.

Moisturisation: Apply a good quality, non-comedogenic moisturiser to your skin regularly to help manage dryness. Pay extra attention to your face, lips, and any other areas that become dry or cracked.

Lip Care: Dry lips are a common side effect of Accutane. Use a hydrating lip balm frequently, especially one with SPF, to prevent cracking and chapping.

Sun Protection: Accutane increases your sensitivity to the sun, so it is essential to use a broad-spectrum sunscreen with SPF 30 or higher. Avoid direct sun exposure as much as possible, and wear protective clothing or hats when outside.

FOR THE FIRST FEW WEEKS

Monitor for Side Effects: Some common side effects of Accutane include dryness, redness, peeling, or slight irritation in the skin. These side effects often improve as your skin gets used to the medication. However, if you experience excessive dryness or discomfort, consult your doctor.

Avoid Waxing or Hair Removal: Due to increased skin sensitivity, avoid waxing, laser hair removal, or chemical peels during Accutane treatment. These treatments can cause severe irritation or damage to your skin.

Avoid Tanning: Due to the increased risk of sunburn, avoid tanning beds and self-tanners. Sun exposure should be limited, and if exposure is unavoidable, use a broad-spectrum sunscreen.

Gentle Cleansing: Use a gentle, hydrating cleanser. Avoid any harsh or abrasive exfoliators that could irritate your skin while on Accutane.

FOR THE DURATION OF TREATMENT

Avoid Pregnancy: Accutane is highly teratogenic, meaning it can cause severe birth defects if taken during pregnancy. It is crucial that women who are pregnant or planning to become pregnant avoid Accutane. You should take two forms of contraception while on the medication. Follow your doctor's guidelines for contraception and pregnancy testing.

Regular Blood Tests: Your doctor will schedule regular blood tests to monitor your liver function, cholesterol levels, and other parameters during treatment. Make sure to attend all follow-up appointments and get the required tests.

Minimise Skin Irritation: Avoid using any products that can irritate your skin further, such as products containing alcohol, astringents, or strong acids. Be careful when using exfoliating agents or facial scrubs.

AFTER TREATMENT

Continue Hydrating: After completing your Accutane course, continue to hydrate your skin and body. Your skin may take time to fully recover, and dryness may persist for a while.

Monitor for Scarring: While Accutane can significantly reduce acne, it may also leave behind scars, particularly if there was cystic acne before treatment. Discuss with your doctor about potential treatments for scar management post-Accutane, including the use of scar creams, laser treatments, or microneedling.

Sun Protection: Your skin may remain more sensitive to the sun even after you finish Accutane treatment, so continue using sunscreen daily to protect your skin from UV damage.

COMMON SIDE EFFECTS OF ACCUTANE

Dry Skin and Lips: One of the most common side effects is dryness of the skin and lips. Keep your skin moisturised and use lip balm frequently.

Dry Eyes: Accutane can cause dry eyes or irritation. If this happens, consider using lubricating eye drops.

Nosebleeds: Some people experience dry nasal passages, leading to nosebleeds. Use a saline nasal spray to keep the area moist.

Increased Sensitivity to Sun: Accutane makes the skin more sensitive to UV rays, increasing the risk of sunburn. Always wear sunscreen and limit sun

WHEN TO CONTACT YOUR DOCTOR

Please contact your doctor immediately if you experience:

When to contact your doctor

- Severe dryness, cracking, or peeling of the skin.
- Unusual or persistent muscle or joint pain.
- Severe mood changes, depression, or signs of suicidal thoughts.
- Persistent headaches, blurred vision, or dizziness.
- Any allergic reactions, such as rash, swelling, or difficulty breathing.
- If you suspect pregnancy or have unprotected sex while on Accutane.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

CONFIRMATION

- I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.