

Acne Skin Care:

Avoid using strong soaps, abrasives (scrubbing grains, buff-puffs), rough wash cloths, desquamating creams, astringents or toners. Don't squeeze, pick or mash pimples (causes infections, bruising and scarring). The best makeup is NONE, it can aggravate acne. Anything used, however, including moisturizers, sunscreens, foundations or powders must have the words OIL FREE, NON-COMEDOGENIC, or NON-ACNE CAUSING on the label. Then use it only as needed. Wash face with gentle cleansers for sensitive skin (Cetaphil, CeraVe). Clean face once a day minimum - twice daily maximum using your hands. Preferably, wash face after school or work and not again before bedtime. Then apply prescriptions as directed after area has had the ability to air dry for about 5 minutes. Waiting this long after patting dry helps reduce dryness and irritation from topical prescriptions. If dryness or irritation develop from topical creams, use an oil-free moisturizer (Neutrogena, Cetaphil or CeraVe) as needed and reduce prescription cream application to every other or every 3rd day. Call the office if you have any problems or questions.

Dermatology Diet:

AVOID: chocolate (all forms), nuts (all kinds & peanut butter), cola drinks (coke & pepsi), and shell fish (shrimp, crab, lobster). **LIMIT:** coffee (2 cups daily); milk (2 glasses daily); cheese, yogurt, ice cream (2-3 times a week); spices (Indian, Thai, Mexican, Korean) (once a week or less). Avoid anything else you think causes or aggravates your breakouts. Please **DO** eat your fruits and vegetables and remember to be kind to yourself and to your neighbor.

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