

ACCUTANE RECOMMENDATIONS

- Wash face with Cetaphil or CeraVe cleanser.
- Moisturize entire body (including face) twice daily with Cetaphil or CeraVe cream or lotion.
- Use Aquaphor ointment or Vaseline on lips for dryness multiple times a day.
- May use Aquaphor ointment and/or Ocean Spray nasal spray inside of nose at night if getting a bloody nose.
- Recommend a cool mist humidifier in room at night.
- Be aware that you are more sensitive to the sun while on Accutane, so do not sun tan and when you are outside please wear sunscreen with SPF 30+ and reapply every 1- 1.5 hours!!! Your sunscreen should be one that does not cause acne.
- Drink plenty of water.
- Do not take Tylenol or any other over the counter medications, vitamins or supplements.
- Do not consume pre or post workout drinks or protein drinks.
- Do not drink alcohol.
- Do not get tattoos, get your eyebrows waxed, or have any other cosmetic procedures while on Accutane and for 1 year afterward as you will scar easier.
- Do not give blood while on Accutane and for 30 days afterward.
- Contact lens wearers: avoid wearing contacts except for special occasions. Recommend Natural Tears or Refresh drops throughout the day.
- Women: do not get pregnant while on Accutane and for two months after your last pill.