

Active Ingredients for Acne

Salicylic acid - reduces inflammation

Benzoyl peroxide - kills bacteria; might bleach clothes or bed linens

Adapalene - decreases oil production; use at night only and avoid if pregnant

SPF - sun protection also protects your skin from clogged pores

Prescriptions - many more options such as clindamycin or tretinoin A are only available if prescribed by a doctor

Lifestyle - no direct evidence linking greasy foods or chocolate to acne, but eating fruits and vegetables, exercising, and drinking lots of water leads to more hydrated skin and less acne-producing bacteria

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Sample Routine for Mild Acne

Morning

Wash face with benzoyl peroxide

Apply moisturizer with salicylic acid and SPF

Drink lots of water during the day

Evening

Wash face with salicylic peroxide

Apply moisturizer with salicylic acid

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This page is for information only. This is not medical advice. If your acne bothers you, talk to your doctor to formulate an acne plan that is specific to your needs.

Sample Routine for Moderate Acne

Morning

Wash face with benzoyl peroxide

Apply moisturizer with salicylic acid and SPF

Wait 10 minutes

Apply clindamycin gel

Drink lots of water during the day

Evening

Wash face with salicylic peroxide

Apply moisturizer with salicylic acid

Wait 10 minutes

Apply adapalene gel

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_____ 's Routine for Acne

Morning

Wash face with _____

Apply moisturizer _____

Apply other _____

Evening

Wash face with _____

Apply moisturizer _____

Apply other _____

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