



Home Care Instructions for Weeks 1 and 2

MORNING ROUTINE

CLEANSE	ICE	TONE	SERUM	HYDRATE/ MOISTURIZE	SUNSCREEN
Barrier Balance Creamy Cleanser		Moisture Balance Toner	L-Mandelic Serum	hydraRemedy™ Gel Serum	powerMineral™ SPF 50
Ultra Gentle Gel Cleanser		Calming Facial Toner	Salicylic+ Serum	hydraBalance Gel	Brilliant Defense SPF 50
L-Mandelic Wash		Sal-C® Toner	Glycolic Serum	clearDerma Moisturizer	Daily SPF 30 Plus
Acne Wash		Glycolic-Lactic Toner	Retinal B3 Serum	Cran-Peptide Cream	Mineral Matte SPF 28
Antioxidant Scrub		Soothing Radiance Toner		Barrier Care Gel Cream	
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	STONE	HYDRATE/ MOISTURIZE
Barrier Balance Creamy Cleanser		2.5% Advanced Acne Med		Moisture Balance Toner	hydraRemedy™ Gel Serum
Ultra Gentle Gel Cleanser		5% Advanced Acne Med		Calming Facial Toner	hydraBalance Gel
L-Mandelic Wash		10% Advanced Acne Med		Sal-C® Toner	Barrier Care Gel Cream
Acne Wash		Sulfur Spot Tx		Glycolic-Lactic Toner	clearDerma Moisturizer
Antioxidant Scrub				Soothing Radiance Toner	Cran-Peptide Cream
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 hydraRemedy™ Gel Serum or hydraBalance Gel prior to 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 hydraRemedy™ Gel Serum or 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.