



## ISOTRETINOIN SURVIVAL GUIDE

### AVOID THE FOLLOWING

- Donating blood
- Taking multivitamins or any supplements containing vitamin A
- Sharing your medication with anyone
- Tanning beds or sun exposure (without SPF 30+)
- Having any elective surgical or cosmetic procedures including laser (as this medication can delay healing or result in scarring) for 6 months post therapy
- Waxing, piercings, tattoos, or any other procedure which breaks the skin
- Wearing contact lenses overnight or letting them get dry
- MISSING APPOINTMENTS
- Avoid these medications
  - Tetracycline, doxycycline (Doryx, Adoxa), minocycline (Solodyn, Minocin)
  - St Johns Wort (if also on birth control pills)
  - Dilantin (phenytoin)
  - Mini-pill (progestin-only birth control pills)
  - Tylenol (acetaminophen)
- FEMALES: DO NOT GET PREGNANT OR BREASTFEED (and comply 100% with BOTH contraceptive methods)

### EMERGENCIES

If any of the following occur, please proceed to the nearest emergency room and notify our office.

- Severe headache and/or vision changes which does not resolve with typical headache remedy (Advil)
- Severe abdominal pain that does not resolve within four hours
- Sunburn with blistering

If you develop joint or muscle aches, take Advil or Aleve to alleviate. If pain persists or worsens despite treatment, contact our office on Klara or by calling 205.877.9773.

### AC CUTANE PROTOCOL

ALL female patients of child-bearing potential will take a Urine Pregnancy Test (UPT) at the registration visit to start the 30-day waiting period and at all other appointments (unless she has her blood drawn instead). Male patients do not require a waiting period and may have blood work and their first Rx at the initial visit.

(CONTINUED ON THE BACK)

VILLAGE DERMATOLOGY

LIVE A BEAUTIFUL LIFE



## ACCUTANE PROTOCOL (CONTINUED)

FASTING Blood work is done at the visit where the first Rx is given and then 60 days after medication is started. Additional blood draws may be ordered at the physician's discretion.

ALL patients must come back to clinic no sooner than 30 days and no later than 59 days from their last appointment or UPT. After 59 days, female patients will have to repeat the UPT and 30 day waiting period. Male patients will need to be reinstated in iPledge.

Female patients have a 7-day window to pick up their prescription. The 7 days starts the day the last UPT was done. If a female patient misses the window, she will need to repeat the UPT at a nurse's visit. She will need to adjust her next visit to be 30 days after this nurse's visit.

## SKINCARE RECOMMENDATIONS (Underlined products are available in our Skin for Life Boutique)

### Face

- Wash with gentle cleanser such as CeraVe.
- Moisturize at least TWICE DAILY (we recommend CeraVe am/pm).
- SUNSCREEN (SPF 30+) is important and should be reapplied often, especially when outdoors in sunny weather. Severe scarring burns can occur if skin is not protected.
- Heliocare is an oral supplement that provides additional sun protection.

### Body

- Bathe with a gentle cleanser such as CeraVe, Dove or Olay Complete.
- Moisturize skin (especially arms and hands) 1-2 times daily (we recommend CeraVe Cream or VaniCream).
- Rashes may occur (especially on tops of hands and forearms). If so, you may need a prescription.

### Lips

- Vaniply ointment for daily use (use liberally!)
- Cortibalm (chap stick with hydrocortisone) when painful/cracked

### Eyes

- Eyes may become dry and uncomfortable. Have artificial tears available and use as much as needed.
- CONTACT LENS WEARERS: If your eyes get too dry (or you leave your contacts in too long or overnight), you are at risk of a corneal abrasion. This is very painful and will require a visit to an eye doctor.
- Any vision changes or decrease in night vision should be reported to our office ASAP.

### Nose

- Use saline nasal spray twice daily or apply Vaseline to nostrils nightly.
- Simply Saline or NeilMed (aerosol can for easier application, rather than plastic squeeze bottle)

VILLAGE DERMATOLOGY

LIVE A BEAUTIFUL LIFE