

ACCUTANE: HOW TO SURVIVE IT

PATIENT INFORMATION & INSTRUCTIONS

DRY SKIN

- Applying a thicker cream based moisturizer as much as you can. Use ones without fragrances and avoid a lot of plant oils and extracts. Our favorites are CeraVe moisturizing cream, Vanicream or Cetaphil cream.
- Having a humidifier in your room at night can help with overall dryness.
- Aquaphor and vaseline can be applied to inflamed or rashy areas as well.

DRY LIPS

- Lip balms typically will not cut it while on Accutane, using an ointment like Vaseline, Aquaphor and Lanolin are best. You can get some lip balms with cortisone in them like Cortibalm or Dr. Dans that may be helpful. On occasion you may need a steroid ointment prescription from your provider.

DRY EYES

- Lubricating eye drops regularly can help with dry eyes that may be causing blurry vision. Using the preservative free single use ampules are best. Refresh plus and Systane are some of our favorites.

DRY/BLOODY NOSE

- Having a humidifier in your room at night can help with overall dryness
- Applying Ary Nasal Gel or Vaseline on a q-tip to the inside of your nose especially at night will help.

JOINT PAIN

- Taking DHA fish oil supplements daily can be helpful with joints
- Taking ibuprofen to help with sore and stiff joints may be needed if more severe
- Icing the areas on and off 10 minutes on and off
- Epsom salt baths soak for 15-30 minutes

OTHER TIPS & TRICKS

- Drink lots and lots of water!!
- Take your pills with the fattiest meal of the day, it helps the medication to be absorbed better
- and can lessen side effects.
- Taking a vitamin E and omega-3 supplement to help with dryness

OTHER RESOURCES

We work hard to publish only best patient education and comprehensive resources. We want to be your trusted source of all skin information. You will find additional educational information by scanning the following QR codes.

*Our Patient
Education Blog*



*Our Monthly
Newsletter*



*Our Educational
Youtube Videos*

