






KNOW YOUR SKIN: ACNE



	 Morning Routine	 Nighttime Routine
 Cleanse	<p>Acne is a common skin condition caused by clogged pores, leading to pimples and redness on the face, back, chest, and shoulders.¹ Cleansing helps remove dirt, oil, and bacteria that can lead to breakouts. It's an important first step in your acne routine.</p> <ol style="list-style-type: none"> 1. Wet your face. 2. Use a gentle cleanser with benzoyl peroxide. (Benzoyl peroxide will help get rid of dirt and extra oil.) 3. Gently rub the cleanser onto your face, but avoid your eyes. 4. Rinse it off well. 	
	<p>We recommend:</p> <p><input type="checkbox"/> CeraVe Acne Foaming Cream Cleanser (4%) – Teal Tube</p> <p><input type="checkbox"/> La Roche-Posay Effaclar Dual Action Acne Face Wash With 4% Benzoyl</p> <p><input type="checkbox"/> Other:</p>	<p>We recommend:</p> <p><input type="checkbox"/> CeraVe Hydrating Micellar Water</p> <p><input type="checkbox"/> La Roche-Posay Effaclar Dual Action Acne Face Wash With 4% Benzoyl</p> <p><input type="checkbox"/> Other:</p>
 Treat	<p>Treatment:</p> <p>Directions:</p>	<p>Treatment:</p> <p>Directions:</p>
	<p>Some acne cleansers and treatments can make your skin more sensitive to the sun, so it is important to protect yourself from sunburn or sun damage when you go outside.</p> <ol style="list-style-type: none"> 1. Use a moisturizer with UVA/UVB protection (SPF 30 or higher). 2. Gently rub it onto your face and neck. 	<p>Putting on a moisturizer at night helps keep your skin hydrated, reduces irritation, and supports healing while you sleep.</p> <ol style="list-style-type: none"> 1. Use a lightweight moisturizer to hydrate and soothe your skin. 2. Gently rub it onto your face and neck.
 Moisturize	<p>We recommend:</p> <p><input type="checkbox"/> CeraVe Moisturizing Facial Lotion – SPF 30 (Mineral)</p> <p><input type="checkbox"/> La Roche-Posay Toleriane Double Repair Moisturizer UV (lightweight)</p> <p><input type="checkbox"/> Other:</p>	<p>We recommend:</p> <p><input type="checkbox"/> CeraVe Moisturizing Facial Lotion – SPF 30 (Mineral)</p> <p><input type="checkbox"/> La Roche-Posay Toleriane Double Repair Moisturizer UV (lightweight)</p> <p><input type="checkbox"/> Other:</p>
Additional Instructions:		



Don't forget:

- **Don't pick or squeeze your pimples.** This can cause scars and make the skin infected.²
- **Be patient with your treatments.** Sometimes, medications can take time to start working.