

Skin care regimen

- ✓ Please discontinue products at home; do not use scrubs, washcloths or clarisonic.
- ✓ Avoid any prescribed creams near eyelids
- ✓ Please temporarily discontinue acne creams and/or medicated cleansers if skin becomes flaky and sensitive.
- ✓ Do not rub skin dry after cleanser, always pat dry.
- ✓ Prescribed medications can cause sun sensitivity, reapply sunscreen every 2 hours. Use higher SPF for prolonged outdoor activities.
- ✓ Topical antibiotics are for active skin breakouts (red swollen, red patches and/or pustules)
- ✓ Topical retinoids are a chemical exfoliant that clears pores, may reduce sun damage by stimulating collagen, and may lighten sun spots/freckles.
- ✓ Topical retinoids may cause some irritation, start off with using this every other night for the first month. If you are tolerating it well, then you may increase it to every night.
- ✓ If you are getting irritated from your topicals, just back off on how many days per week you are using them. Once you are tolerating it better, you can increase the number of days you apply it.
- ✓ Oral medication: if you notice dizziness, light headedness, nausea, vomiting, headache, changes in vision or rash, then please stop it and notify our office immediately.

Morning

1. Cleanser:
2. Apply:
3. Let moisturizer or topical dry
4. Apply:
5. Oral :

May be followed with make up

Night

1. Cleanser: OTC Cerave foaming facial cleanser or Glytone cleanser (Apex)
2. Apply:
3. Let moisturizer or topical dry
4. Apply:
5. Oral:

Please reach us on the portal or call to schedule an appointment if your regimen is not working

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