Treating Acne at Home:
If you have a lot of redness to your acne – they get big, swollen, red, and tender, you will want to try Option 1.
If you have more blackheads and smaller, less tender acne, you will want to try Option 2.

Option 1
Mornings:
- wash your face with luke warm water and a gentle cleanser with 2% salicylic acid
- pat, don't rub, your face dry
- apply a non-comedogenic moisturizer with sunscreen

Evenings:
- wash your face with luke warm water and a gentle cleanser
- pat, don't rub, your face dry
- apply a thin layer of benzoyl peroxide cream or gel 2.5% to face

Option 2
Mornings:
- wash your face with luke warm water and a gentle cleanser
- pat, don't rub, your face dry
- apply a non-comedogenic moisturizer with sunscreen

Evenings:
- wash your face with luke warm water and a gentle cleanser with 2% salicylic acid
- pat, don't rub, your face dry

Important tips and tricks...
- Use your hands to wash your face the medication in the products recommended will exfoliate and irritate the skin – DO NOT exfoliate on top of that with either scrubbing products (wash clothes, devices, etc) or exfoliative cleansers
- Drying towel – allow it to hang dry in a well aerated location between
- Benzoyl peroxide will bleach fabric –
    - use old sleep clothes/sheets or white fabrics at night
    - Use 2.5% benzoyl peroxide, it works just as well as 5% or 10% AND it causes LESS redness and drying

The dryness of it all
- These medicines can cause a lot of redness, drying, and flaking of the skin if this happens, space out how frequently you use them – try every other day or every two days you can gradually work your way back to daily as your skin lets you

The brand of it all
- avoid products with fragrance or dyes

- brands like CerVe, Neutrogena, Cetaphil, and Clean and Clear can be found in local drug stores
- it is fine to use the store brand as long as it doesn't have fragrance

Acne treatments need at least 3 months of consistent use for you to start seeing results, and things may get worse before they get better. Hang in there and stay consistent. If after 3 months, your acne continues to persist, talk to your healthcare provider about other prescription treatment options!