



Dr. McGoey's Handout on Isotretinoin and how to manage the side effects

Dry skin and Sun Protection:

If you want to use a face wash, use a gentle soap free cleanser.

- McGoey Dermatology Products (Purifying Cleanser, Restorative Cleanser)
- Cerave Hydrating Cleanser
- Cerave Gentle Foaming Facial Cleanser
- Cetaphil Oil Control Foam Wash for Acne-Prone Skin
- Cetaphil Foaming Face Wash for Redness Prone Skin.

Isotretinoin makes you more sensitive to the sun, so you should apply a moisturizer in the morning with SPF 30+

- McGoey Dermatology Products (Silk Protection, Silk Tinted Protection)
- Cetaphil Oil Control Moisturizer for Acne-Prone Skin
- CeraVe AM

If your face stings after applying the moisturizer with SPF, you can first apply the nighttime moisturizer (see below) followed by the moisturizer with sunscreen in it.

In the evening, apply a mild moisturizer to repair your barrier.

- McGoey Dermatology Products
- CeraVe PM
- Cetaphil Night Moisturizer for Redness Prone Skin.
- CeraVE cream

Dry lips:

Use plain Vaseline only, no other chapsticks (ex. Vaseline lip therapy advanced healing tube). You will need to use this consistently throughout the day.

Dry nose/nosebleeds:

In order to prevent a dry nose or nosebleeds, you must keep your nose moist on the inside. You should use over the counter nasal saline sprays throughout the day in order to prevent nosebleeds. You can also buy thicker gels such as NeilMed nasogel drip free spray. Using a humidifier in your room at night can also help.

Dry eyes:

- use preservative free artificial tears (ex. Refresh classic lubricant eye drops)
- wear glasses instead of contacts when possible