

# KNOW YOUR SKIN: ACNE



	 Morning Routine	 Nighttime Routine
 <b>Cleanse</b>	<p>Acne is a common skin condition caused by clogged pores, leading to pimples and redness on the face, back, chest, and shoulders.<sup>1</sup> 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"> <li>1. Wet your face.</li> <li>2. Use a gentle cleanser with benzoyl peroxide. (Benzoyl peroxide will help get rid of dirt and extra oil.)</li> <li>3. Gently rub the cleanser onto your face, but avoid your eyes.</li> <li>4. Rinse it off well.</li> </ol>	
	<p><b>We recommend:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> CeraVe Acne Foaming Cream Cleanser (4%) – Teal Tube</li> <li><input type="checkbox"/> La Roche-Posay Effaclar Dual Action Acne Face Wash With 4% Benzoyl</li> <li><input type="checkbox"/> Other:</li> </ul>	<p><b>We recommend:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> CeraVe Hydrating Micellar Water</li> <li><input type="checkbox"/> La Roche-Posay Effaclar Dual Action Acne Face Wash With 4% Benzoyl</li> <li><input type="checkbox"/> Other:</li> </ul>
 <b>Treat</b>	<p><b>Treatment:</b></p> <p><b>Directions:</b></p>	<p><b>Treatment:</b></p> <p><b>Directions:</b></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"> <li>1. Use a moisturizer with UVA/UVB protection (SPF 30 or higher).</li> <li>2. Gently rub it onto your face and neck.</li> </ol>	<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"> <li>1. Use a lightweight moisturizer to hydrate and soothe your skin.</li> <li>2. Gently rub it onto your face and neck.</li> </ol>
 <b>Moisturize</b>	<p><b>We recommend:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> CeraVe Moisturizing Facial Lotion - SPF 30 (Mineral)</li> <li><input type="checkbox"/> La Roche-Posay Toleriane Double Repair Moisturizer UV (lightweight)</li> <li><input type="checkbox"/> Other:</li> </ul>	<p><b>We recommend:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> CeraVe Moisturizing Facial Lotion - SPF 30 (Mineral)</li> <li><input type="checkbox"/> La Roche-Posay Toleriane Double Repair Moisturizer UV (lightweight)</li> <li><input type="checkbox"/> Other:</li> </ul>
	<p>Additional Instructions:</p>	



## Don't forget:

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