

Isotretinoin Therapy Dry Skin Care

During Isotretinoin therapy, expect your skin (face and body) to be dry and more fragile. Increased moisturization will help in tolerability of the medication, and does not increase acne.

If you have a history of dry skin or eczema, use of prescribed topical steroids as directed may help for flares.

If you develop a rash while on isotretinoin, typically this is due to the dry effect of the therapy, and responds to increasing moisturization, minimalizing contact with water, and using mild soaps when needed. Over the counter hydrocortisone 1% (Cortaid ointment) may also be helpful. Occasionally, prescribed cortisone will be necessary.

Face Wash:

Medicated cleansers are not necessary while on isotretinoin, so avoid acne specific products. Gentle cleansers such as CeraVe, Cetaphil, or Elta are good options.



Moisturizers:

Facial skin may require moisturizing multiple times per day. Don't be afraid to moisturize, it will not make the treatment less effective. The skin on your hands may also need more moisturizing, especially if you wash your hands frequently. Moisturizer with SPF for the face is a great way to protect your face from sun exposure that can make the skin appear more pink.



Lip Care:

Your lips will be the first to become dry and sometimes cracked. Waxy balms provide less moisture than vaseline, aquaphor or more hydrating options. Avoid lip products with fragrance. When the lips are very dry, using cortisone can be helpful, up to 4 times per day. If you are traveling to tropical locations, or spending time skiing, or on the lake, consider a lip protection with SPF. Fix my skin and Elta can be purchased in office.



Body Wash and Moisturizer:

Use gentle skin cleansers only to the parts of your body that need washing, like underarms, skin folds, groin and feet. Moisturize as soon as you get out of the shower or bath to seal in moisture.

