

Expectations and Side Effects of Treatment with Isotretinoin (Accutane®/Clarus®) or Isotretinoin-lidose (Epuris®)

As with any medication, some side effects during treatment with this medication may occur. This medication is used to decrease the oil production in the body production so dry skin is to be expected. Don't be discouraged or stop taking your medication without talking to your doctor first. Most side effects usually decrease over time.

Treatment with this medication is for at least for 16 weeks. During the first 8 weeks of therapy you may notice an increase in pustules. This is a normal reaction during the initial course of therapy and will improve as treatment continues. During this time, you will most likely experience some side effects, such as:

GENERALIZED DRYNESS

You may experience increased dryness of the skin, hair and nails. Extra care may be required for treatments, such as waxing, shaving, laser treatments. Your skin and lips will be more sensitive to the sun; therefore, sunscreen should be used liberally during treatment.

Skin: To avoid or minimize dry, itchy, patches on the face body, see the cleansing and moisturizing regimen described on Page 2. You may find that you will need to moisturize several times throughout the day.

Lips: Dry, cracked/chapped lips are common during treatment. Apply a lip ointment or lip moisturizer to prevent chapped or cracked lips several times daily, preferably one with added sun protection

Nasal passage: You may experience nose bleeds or tenderness. If so, use a nasal mist or gel

Eyes: For dry, irritated eyes, use eye drops or gel to hydrate the eyes

GENERALIZED JOINT PAIN / MUSCLE ACHES / HEADACHES

You may experience some aches or pains. Try to increase your intake of fluids. If it escalates to the point where it affects your activities of daily living, please contact our office.

What May Happen



Treatment Duration:
At least 16 Weeks



Dry Skin



Chapped Lips



Nose bleeds/
tenderness



Dry, Irritated Eyes



Headaches,
Joint & Muscle Pain

Important Notes



It is very important that you **DO NOT GET PREGNANT** while taking this medication, as this may cause birth defects. It is recommended to use birth control while taking this medication.



Abstain from drinking alcohol excessively while taking this medication.



Take this medication with food.

Skin Care for Treatment with Isotretinoin (Accutane®/Clarus®) or Isotretinoin-lidose (Epuris®)

Step 1: Cleansing (Morning & Night)



Wash using lukewarm water



Use gentle, non-irritating hydrating skin cleansers



Do NOT scrub or wipe.
Gently pat dry with a cotton towel

- Wash using lukewarm water. Water that is too hot or too cold can irritate the skin and should be avoided.
- Use gentle, hydrating skin cleansers designed to help protect the skin's natural protective barrier (see suggestions below).
- Do NOT use soap. Soap can elevate skin pH causing excess dryness.
- Do NOT use or add any products other than what is suggested.
- Do NOT use any cleansers with “active” ingredients such as Salicylic Acid, Benzoyl Peroxide, AHAs, alcohol, astringents.
- Do NOT scrub or use exfoliating scrubs (i.e. micro-beads), as this will irritate the skin. Only brief skin contact time is required
- Dry the skin by gentle patting with a cotton towel – do NOT wipe the skin dry

Suggested gentle, non-irritating cleansers:

[CeraVe Hydrating Cleanser](#), [La Roche-Posay Toleriane Dermo-Cleanser](#), [Cetaphil Gentle Skin Cleanser](#), [Spectro Cleanser for Dry Skin](#)

Step 2: Moisturize (Day & Night) & Protect (Day)

- Apply a non-irritating moisturizer on the face and body, morning and night, ideally when the skin is still a little damp to avoid dryness and potential irritation caused by this medication
- This medication will cause sensitivity to UV light, so it is extremely important during the day to use sun protection (minimum SPF 30). For sun-protection, two options are recommended:
 - Use a fragrance-free, non-irritating, moisturizer with added sun protection (minimum SPF 30)
 - Use a fragrance-free, non-irritating, moisturizer without sun protection and add a sunscreen product (minimum SPF 30)
- Apply a lip ointment or lip moisturizer to prevent chapped or cracked lips, preferably one with added sun protection during the day
- If eyes and nasal passage become dry or irritated, use nasal mist or eye drops/gel

Suggested moisturizers with added sun protection: [CeraVe AM Facial Moisturizing Lotion SPF 30](#), [Cetaphil Daily Facial Moisturizer SPF 50](#)

Suggested moisturizers without sun protection: [CeraVe PM Facial Moisturizing Lotion](#), [CeraVe Moisturizing Lotion](#), [La Roche-Posay Toleriane Ultra](#), [La Roche-Posay Cicaplast Baume B5](#), [Active MD Aloe Vera](#), [Cetaphil Moisturizing Lotion](#), [Eucerin Aquaphor Healing Ointment](#)

Suggested Facial Sunscreens: [La Roche-Posay Anthelios Lotion SPF 60](#), [La Roche-Posay Anthelios Melt-In Cream SPF 50](#), [La Roche-Posay Anthelios Mineral Tinted Lotion SPF 50](#), [La Roche-Posay Toleriane Sensitive SPF 30](#), [Avène Mineral Cream SPF 50+](#)

Suggested Lip Ointments and Moisturizers: [La Roche-Posay Cicaplast Lips](#), [Vichy Idéal Soleil Lip SPF 30](#), [CeraVe Healing Ointment](#), [Eucerin Aquaphor Healing Ointment](#), [Vaseline Lip Therapy Original](#), [Carmex](#)

Suggested Nasal Sprays/Gels: [Rhinaris nasal mist](#), [Hydrasense](#), [Secaris](#)

Suggested Eye Drops/Gels: [Re-refresh](#), [Soothe](#), [Tear Gel](#), [Systane](#)



Apply moisturizer on the face and body day & night



Apply sun protection during the day (minimum SPF 30)



Apply a lip ointment or lip moisturizer frequently