



Isotretinoin (Accutane) Instructions

Isotretinoin (Accutane) Guide

- Cleanser recommendations - CeraVe/Cetaphil (Gentle)
- Moisturizer recommendations - CeraVe, Cetaphil, VaniCream, Petroleum Jelly
- Dry lips- Petroleum Jelly, Dr. Dan's, 1% hydrocortisone ointment
- Dry eyes -Systane eye lubricating ointment, ReFresh preservative-free eye drops
- Dry nose/nose bleeds-Vaseline on a Q-tip, Ayr Nasal Saline, breathe through nose in shower
- Humidifier in bedroom
- Muscle/Joint Pains- Fish oil supplements, NSAIDS
- Sunscreen daily!
- Must be seen in clinic every **30-37 days**
- Prescription **must** be picked up within 7 days of it being sent into pharmacy.
 - **IF** there is a problem with your prescription, call the clinic and let us know as soon as possible.
- Do not forget to take quiz on iPledge website (ALL women of childbearing potential)
 - This is not sent monthly by iPledge; best to save it on your web browser to take monthly
 - 2 forms of contraception for women: Must be listed in correct order

AVOID- high dose Tylenol, alcohol, waxing, donating blood/plasma, tattoos, laser treatments, pregnancy