

Dermatology  
1712 I Street, N.W. Suite 712  
Washington, D.C. 20006  
202-659-2223

## ACCUTANE GUIDELINES

### MUSTS

- You must get your blood drawn 2-4 days before your scheduled follow-up appointment.
- You must be fasting for your test.
- You must schedule your follow-up visit before you leave the office for your current visit.
- No refills are given by phone, therefore ensure your appointment is booked every month so you do not run out of medication.

### DO'S AND DON'TS

- Take Accutane every day with meals. If you miss a dose do not double up the next day.
- You must use two forms of contraception to prevent pregnancy to avoid birth defects, during treatment and for at least two months after finishing Accutane.
- You must wear sunscreen while outdoors; avoid tanning beds.
- Avoid waxing, peels or cosmetic procedures (i.e. mole removals) while on Accutane because your skin may not heal properly. If you see an esthetician please be sure to tell them that you are on accutane before any facials or other treatments.

### SIDE EFFECT TIPS

- Wash with a mild soap (i.e. Dove, Cetaphil) and use lukewarm water, not hot water. After showering apply moisturizer to your whole body.
- Apply Blistex, Vaseline, Aquaphor or other moisturizing lip balm to your lips frequently. Avoid licking your lips.
- Use Saline nose spray at night if you get nosebleeds.
- For muscle stiffness or aches: Tylenol, Advil or Motrin are helpful.
- Due to dryness you may not be able to wear contact lenses. If you do ensure you use eye drops frequently.