

Accutane Skin Side Effects Management

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Dry Lips

Try to avoid licking or smacking of lips. The enzymes in saliva will dry lips out.

Do not pull flakes of skin off lips. Soak lips in the shower or with a warm wet washcloth for several minutes then gently wash off the moist flakes with the wet washcloth. Immediately following shower, while lips are still wet, apply a generous amount of Vaseline or Aquaphor.

Purchase several (at least 4-5) tubes of lip moisturizers and apply every half hour to an hour, or more often as needed. Do not wait until lips feel dry to reapply.

Recommended lip moisturizers: Vaseline, Aquaphor, Burt's Bees, Lip Slicks by Cover Girl, or Burt's Color are good for those who want both color and a moisturizer.

If corners of mouth continue to crack, consider a prescription topical antibiotic or topical steroid.

Dry Skin

Do not pick flakes or dry skin off body. While in the shower and skin is moist, gently wash with a wet washcloth for several minutes.

After showering and skin is still damp, apply a generous amount of Vaseline, Aquaphor or lubricant/moisturizer of your choice.

Avoid waxing and unsupervised dermabrasion or facial scrubs.

Dry Nose/Nose Bleeds

Vaporizer by bedside.

May try saline nasal spray, such as Ayr or Ocean Nasal Spray, and then apply a small amount of Vaseline or Aquaphor.

A small amount of Vaseline or Aquaphor around the nostrils may be helpful.

Scabbing or crusting in the nose may be treated with a topical prescription antibiotic.

Dry Eyes

The eyes might be dry as the lips, but unlike lips, the eyes may actually tear or water more than usual.

Preservative free artificial tears such as Celluvisc or Bausch & Lomb may be used for daytime and an artificial lubricant such as Lacrilube or Cler Z may be used for nighttime use.