



www.forefrontdermatology.com • 877-230-4745

## **Accutane Skin Side Effects Management**

### **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.