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ISOTRETINOIN THERAPY

- Discontinue all previous acne medications
- Female Patients cannot become pregnant while on this drug as it causes severe birth defects. If sexually active, practice 2 forms of birth control or be abstinent for the course of therapy and 2 months after completing therapy.
- DO NOT share medication and DO NOT donate blood while on drug and for 2 months after completion.
- Follow a low fat diet
- 12 hour fast before getting blood work done, (3 days prior to next follow up).
- Dry skin prevention: use Cerave, Cetaphil or Vanicream products for skin care. Aquaphor or Vaseline ointment for dry lips and nostrils (at bedtime to prevent nose bleeds)
- To call the office ASAP with any mood changes (i.e. depression), severe headaches associated with visual changes, severe diarrhea, muscular /skeletal pain or skin rash.
- DO NOT TAKE any supplements with Vitamin A while on Therapy.