



REVIVAL DERMATOLOGY

Post Procedure Instructions

ACUTANE (ISOTRETINOIN) INSTRUCTIONS

During your Accutane Appointment

We will draw your bloodwork during your appointment. Please be fasting if possible (no food or drink after midnight the night before). We understand this isn't always convenient.

We will monitor your progress, discuss any side effects you are having, draw your labs and e-scribe your Accutane directly to a specialty pharmacy.

After Your Accutane Visit

(The FDA monitors the use of this medication through a program called IPledge because of the high potential for birth defects if you were to get pregnant while taking the medicine- we do not make the rules!)

Female patients: The day after your visit (or Monday if you are seen on a Friday), our nurses will log on to IPledge.com and change your status from "requires confirmation" to "confirmed." We try to do this by 10am. After we mark you as confirmed, you need to sign in to IPledge.com and answer questions within 24 hours. Answering your questions is required before the pharmacy can fill the prescription. Remember to click the same contraceptive forms in the same order each time you log onto IPledge.

All Patients: MUST fill the prescription within 5 days of your appointment. If not, the prescription will expire and you will be locked out of the IPledge system for an entire month. Please call your mail order pharmacy if you have not heard from them within 24 hours of your visit.

All patients: MUST come for your follow-up visits every 30-35 days. Your appointment day is Day 0. Book a follow up at day 30-35 before you leave. If you miss this window, we are not allowed to send your prescription for that month. Your insurance only allows a 30-day supply of medication, so you may be out of pills for a few days prior to your appointment. This is sometimes unavoidable but will not affect your final outcome of clear skin!

BENEFITS

Accutane is a Vitamin A derivative medication. Please don't take Vitamin A while you are on Accutane. It's different from any other acne medication because it is a possible cure for acne in about 70-80% of patients who complete a course of it. Every patient is clear of their acne after their course, but some patients (20-30%) may require more than one course.





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SIDE EFFECTS

DRYNESS OF:

Lips—keep a good lip balm with you. Aquaphor Healing Ointment is our favorite. Nose—you may develop nosebleeds. You can prevent this by putting Aquaphor inside your nose.

Eyes—dryness could be an issue if you wear contacts.

Skin—you will need to apply a moisturizer to your skin twice daily.

FRAGILE SKIN:

Waxing your skin for facial hair is not recommended. Wait until you have been off Accutane for one month. You will also be prone to ingrown toenails and skin infections while on Accutane. Using CLn BodyWash can be helpful when you are taking Accutane.

ELEVATED BLOOD FATS:

You must be on a low fat diet. Avoid fried foods and dairy products that are high in fat. Your blood fats levels will be checked regularly.

BIRTH DEFECTS:

Accutane causes birth defects in a developing fetus. A pregnancy test will be performed monthly in every female patient of childbearing potential. Accutane does NOT affect any future child bearing in males or females. You should wait at least one month after your treatment course before becoming pregnant.

OTHER:

- Muscle pain- in about 20% of patients. Take Ibuprofen for relief.
- Headache- if this gets severe, please let us know. Don't take any doxycycline or minocycline while on accutane, as this can increase the risk of severe headaches.
- Liver Injury- very rare, and we monitor this with your blood tests
- Hair Loss- rare but if this happens it is not permanent
- Depression- There was a large study of 20,000 patients that showed no increased risk of depression, although in those that have had a history of clinical depression, being on accutane may exacerbate it. Most patients have an improvement in their mental health when their acne clears!
- Decreased night vision
- Inflammatory Bowel Disease- there have been very large studies that disprove a cause and effect relationship between this, but rather that acne may have an increased association with IBD.
- Premature epiphyseal closure of growth plates- rarely seen on the courses we give for acne, although it has been reported.

