



PATIENT POST CARE INSTRUCTIONS FOR ACNE:

1. Wash twice a day and after sweating. Perspiration, especially when wearing a hat or helmet, can make acne worse, so wash your skin as soon as possible after sweating.
2. Use your fingertips to apply a gentle, non-abrasive cleanser. Using a washcloth, mesh sponge, or anything else can irritate the skin.
3. Be gentle with your skin. Use gentle products, such as those that are alcohol-free. Do not use products that irritate your skin, which may include astringents, toners and exfoliants. Dry, red skin makes acne appear worse.
4. Scrubbing your skin can make acne worse. Avoid the temptation to scrub your skin.
5. Rinse with lukewarm water
6. Shampoo regularly. If you have oily hair, shampoo daily.
7. Let your skin heal naturally. If you pick, pop, or squeeze your acne, your skin will take longer to clear and you increase the risk of getting acne scars.
8. Keep your hands off your face. Touching your skin throughout the day can cause flare-ups.
9. Stay out of the sun and tanning beds. Tanning damages your skin. In addition, some acne medications make the skin very sensitive to ultraviolet (UV) light, which you get from both the sun and indoor tanning devices.
 - Using tanning beds increases your risk for melanoma, the deadliest form of skin cancer, by 75%.
10. Consult a dermatologist if:
 - Your acne makes you shy or embarrassed.
 - The products you've tried have not worked.
 - Your acne is leaving scars or darkening your skin.

RECOMMENDATIONS FROM A TREATING PHYSICIAN:

Your HudsonDerm family



PATIENT POST CARE INSTRUCTIONS FOR PSORIASIS:

1. Try to avoid skin injuries, such as nicks, cuts, and bug bites.
2. Do not get a sunburn. Even a mild sunburn can worsen existing psoriasis and cause new psoriasis to form.
3. Treat your psoriasis. One of the most effective ways to stop the itch is to treat psoriasis. When the psoriasis clears, the itch usually disappears.
4. Try not to scratch. Scratching tends to worsen psoriasis. To alleviate the itch, dermatologists recommend the following:
 - Apply a cold compress.
 - Apply medication as directed by your dermatologist to your skin until the psoriasis clears.
 - Moisturize every day. For best results, use a lotion during the day. In addition, apply a cream or ointment before you go to bed.

RECOMMENDATIONS FROM A TREATING PHYSICIAN:



ROSACEA:

1. Take your medicines exactly as prescribed. Call your doctor or nurse call line if you think you are having a problem with your medicine.
2. Protect your face from the sun by wearing hats with wide brims and sunglasses. Try to stay out of the sun or find shade if you need to be outdoors. Use a sunscreen for sensitive skin with an SPF of 30 or higher on any exposed skin.
3. Use soaps, lotions, and makeup made for sensitive skin or rosacea. These do not contain alcohol, are not abrasive, and will not clog pores.
4. There are over-the-counter skin care products available that are specifically for people with rosacea. These products can help mask facial redness without irritating your skin.
5. Avoid rubbing or scrubbing your face.
6. If you have rosacea on your eyelids, put a warm, wet towel, or compress, on your eyes several times a day. Gently wash your eyelids with a face cloth or an eyelid cleanser that is sold in drugstores. Use artificial tears if your eyes feel dry.
7. Make a list or keep a diary of things that may trigger your rosacea. Use the diary every day for several weeks. Avoid whatever you find that makes your rosacea worse. These triggers may include:
 - Harsh weather. Wear a hat and scarf to shield your face from the cold and wind. Use a moisturizer during the winter to keep your face moist.
 - Stress. Eat a healthy diet and get plenty of exercise and sleep.
 - Alcohol, spicy foods, or hot drinks. Avoid or limit these if they make your rosacea worse.
 - Getting too hot when you exercise. Try working out for a shorter time. In the summer, exercise during the cool morning hours.
 - Hot showers. Take warm or cool showers and avoid hot tubs and saunas

RECOMMENDATIONS OF THE TREATING PHYSICIAN:
