

## Over The Counter Benzoyl Peroxide Products



Spot Treatments: 10% Benzoyl Peroxide meds to inflamed lesions 3 or 4 times a day to dry them out.



Face Wash: For Widespread areas on face or body.



Cleansing Pads: Good for cleaning an area on face or body to remove dirt/oil while on the go. If this is used along with a Benzoyl Peroxide Wash, please watch for irritation.

We have recommended a benzoyl peroxide to be used for your acne. This is an excellent antibacterial medication but may be irritating or drying. I recommend trying the over-the-counter versions first because they are typically less costly. If you use the **gel formulations**:

- \*Use the 5% gel if you plan to use it on the face or region
- \*Use the 10% gel to “spot” check particular lesions
- \***Washes** are useful especially if you have a lot of acne on the chest/back/arms.

Apply a thin layer to the affected area each morning after you wash your face with a mild cleanser. You can expect mild redness and scaling during the first few days/weeks of treatment. If you are using Retin-A or Differin then it is best to apply these at night and the benzoyl peroxide preparations in the morning. If you are using a benzoyl peroxide wash then you can wash your face at night with the wash and then apply Retin-A or Differin afterwards.

Prescription meds include: Brevoxyl, Benzaclin, and Duac

You can get this medication over-the-counter: Benzac AC, Persa-Gel, Benzagel, Oxy

**Be aware: Benzoyl peroxide will bleach clothing and wash cloths:** be careful and use an old wash cloth and wash your hands after using.

**NOTE: This is not a comprehensive information sheet. If you desire complete drug information, contact the pharmacist or refer to the “package insert”.**