

### Here are some suggestions:

1. Do not lean on your face or hands. It is also advisable to avoid rubbing, picking, or squeezing lesions on your face since they tend to get more inflamed and take a little longer to heal.
2. Wash your face gently (Do Not Scrub) twice a day with a mild soap such as Neutrogena, White Dove, Cetaphil, Aquanil, or Aveeno.

**Epiduo** (adapalene + benzoyl peroxide) Gel is a topical acne treatment that combines two medicines:

1. Adapalene – a peeling agent to unplug your pores and prevent acne.
2. Benzoyl Peroxide – A topical antibiotic/antimicrobial which kills the bacteria that lead to breakouts and helps prevent pimples from coming back.

**This product can irritate the skin, especially during the first month of use.**

Use Epiduo at bedtime in the following way:

1. Wash the face with a mild soap and dry it.
2. Apply a thin coat of the medicine to your entire face. A dot the size of a green pea placed on each cheek and the forehead can be spread thinly to cover the entire face.
3. Each morning you will gently wash your face and then you can apply moisturizer during the morning and throughout the day. Until your face gets used to the Epiduo, it is best to be careful around the eyes, mouth, and nose since these areas get irritated the easiest.

**Initially**, you should **use the medicine every other night** for the first two or three weeks. If you are tolerating the medicine OK then move up to every night. If you are getting too much irritation, then use it every 3rd night. Your goal is to eventually work up to using Epiduo every night. Most people get used to the Epiduo by the 4th to 6th week of use.

**The side effects:** include redness, irritation, burning, and itching.

**You may also experience worsening of your acne during the first several weeks of use. This is all temporary** and your skin will get used to the Epiduo and the acne will slowly improve. If you experience sun sensitivity – you can use sunscreen.

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

**Females:**

**You should discontinue Epiduo if you become pregnant.**

**You should discontinue use of Epiduo gel 2 weeks prior to waxing of facial hair.**

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