

Suggested Skin Care for Dry, Sensitive Skin:

Also Good for Those on Isotretinoin/Accutane

Many of our patients have sensitive skin, and skin care plays an important role in your skin health. Also, for those patients taking isotretinoin/Accutane, gentle skin care is necessary. The suggestions below are good for patients with sensitive skin, dry skin, rosacea, allergy-prone skin, and for those on isotretinoin/Accutane.

Gentle Cleansers:

Cetaphil Daily Gentle Cleanser: Available for purchase at local drugstores.

- Gel-to-foam cleanser that cleans skin and minimizes the appearance of pores without drying skin.



Vanicream Gentle Facial Cleanser: Available for purchase at local drugstores.

- Gentle facial cleanser that removes excess oils and dirt off without drying skin.



Moisturizers:

CeraVe PM Facial Moisturizing Lotion: Available for purchase at local drugstores.

- A lightweight cream that locks in moisture overnight to help repair the skin barrier.





Avène Cicalfate Restorative Protective Cream: Available for purchase at local drugstores.

- A rich moisturizing cream that helps restore the skin barrier and maintain hydration.



Dermatology Institute of Boston Intensive Repair Cream: Available for purchase in office!

- A hydrating cream that helps regulate inflammation and reduces irritation caused by topical treatments or Accutane by soothing the skin.

Sunscreens:

All Sunscreens Available for Purchase in Office!



EltaMD UV Clear Broad-Spectrum SPF 46: Available for Purchase in Office!

- Hypoallergenic sunscreen that is great for acne prone skin.



EltaMD UV Daily Hydration+ Broad-Spectrum SPF 50: Available for Purchase in Office!

- Sunscreen for dry or mature skin that gives a dewy finish to the skin.



EltaMD UV Skin Recovery Broad-Spectrum SPF 50: Available for Purchase in Office!

- Green-tinted mineral sunscreen with a fantastic feel. Great to color correct rosacea or red-prone skin.



La Roche Posay Anthelios Ultra Light Mineral Sunscreen SPF 60: Available for purchase in office or local drugstores for the same price!

- A light mineral sunscreen that leaves a matte finish on skin.

Pimple Patches:



COSRX Acne Pimple Master Patch: Available for purchase in office!

- Hydrocolloid pimple patches that offer a fast way to cover and heal blemishes.

Lip Balm:



Dr. Dan's Cortisone Lip Balm: Available for purchase in office!

- 1% Hydrocortisone lip balm that heals persistently chapped lips from medications, weather, sunburns, or cosmetics.