

Acne Starter Kit

Your quick-start guide for clear, confident skin. This routine is designed to be simple, effective, and safe to follow until your personalized plan is created with DermaNP Solutions.

Quick Start

Do this tonight:

- Wash once with a gentle, fragrance-free cleanser (30–60 seconds, lukewarm water).
- Use 2.5% benzoyl peroxide (BPO) daily.
- Moisturize with a non-comedogenic lotion or gel.

Over the next 4–8 weeks:

- Add one new product at a time, every 7–10 days.
- Expect purging with retinoids for 2–4 weeks, then gradual improvement.
- Avoid picking to reduce dark marks and scarring. Can cover visible pimples with a pimple patch.

Message us if:

- You have painful cysts/nodules or rapid scarring.
- You are pregnant or trying to conceive.
- You've tried OTC for 8+ weeks with little change.
- You want safe treatment for post-inflammatory dark spots.

What Causes Acne?

- Oil (sebum) rises with hormones.
- Sticky pores trap dead skin cells.
- *C. acnes* bacteria grow inside clogged pores.

- Inflammation swells and reddens bumps.

Your Routine

Morning (AM):

1. Cleanser: gentle, fragrance-free.
2. Treatment (pick one): Benzoyl peroxide 2.5–5% or Azelaic acid 10%.
3. Moisturizer: non-comedogenic.
4. Sunscreen: broad-spectrum SPF 30+.

Night (PM):

1. Cleanser.
2. Retinoid (start 2–3 nights/week, pea-sized for full face).
3. Moisturizer (apply before retinoid if sensitive).

How prescriptions fit: Topical clindamycin (with BPO), stronger retinoids, oral antibiotics (short course), spironolactone, or isotretinoin may be added during your visit if needed.

Do / Don't

Do:

- Use a pea-size amount of retinoid for the whole face.
- Wash makeup brushes weekly.
- Choose non-comedogenic products.

Don't:

- Scrub or use alcohol-based toners.
- Spot-apply retinoids only to pimples (they're preventive).
- Pop cysts (increases scars and dark spots).

When to Seek Care

- Painful cystic acne, rapid scarring, or acne affecting your mood or daily life.
- Acne during pregnancy (safe alternatives are available).
- Emergency: severe allergic reaction (lip/tongue swelling, trouble breathing) → call 911.

Educational only. Not a substitute for in-person emergencies. For personalized care, schedule a virtual visit at [DermaNP Solutions](#).