

ISOTRETINOIN, THE FINAL VISIT

Isotretinoin (Various brand names - Sotret, Claravis, Amnesteem, Absorica) is one of the most effective treatments for severe acne. Hopefully, you found this to be true and are satisfied with the results. Some people take isotretinoin for a few months and some people for longer periods of time. However long you have been taking it, there are a few things that you need to know about your final visit today.

Today you will be given a final prescription. As with all isotretinoin prescriptions, this must be filled within the 7-day time limit. Make sure that you take ALL of the pills you have, both the new prescription and any you have left at home. It is important to finish these because your therapy is based on a cumulative dose which is calculated; not a final stop date. Taking the proper amount increases the chance for the acne staying away.

It is important to understand that isotretinoin is not a 100% cure. Nearly all patients who complete a course of isotretinoin may experience an occasional breakout after the treatment. Hopefully, any breakouts are minor and go away quickly on their own. For any breakouts that you do have, you can use the clindamycin lotion that you have already been using. The clindamycin is more effective when combined with an over the counter 5% benzoyl peroxide containing gel. This combination works very well for prevention and for any minor breakouts. If you find that your skin is breaking out more, please contact my office for another appointment.

As part of your treatment, I am sure you had some minor side effects including dry lips and dry skin. All of the isotretinoin related side effects go away fairly quickly after stopping the medication. Sometimes it takes a few weeks for this to fully resolve. I would suggest that you continue to use the products that you were using until the dryness goes away completely.

Many patients with severe acne notice that they have had oily skin. While on isotretinoin, your skin is not as oily as it had been. Usually the skin oiliness does return, but may not completely return to the degree it was before. Most patients find this is an additional benefit of the treatment.

If you have not taken isotretinoin for 30 days, there are no restrictions on becoming pregnant. Isotretinoin is a water-soluble medicine and it is actually out of your system in a few days. The current recommendation for women is to wait at least one month after finishing isotretinoin before considering pregnancy or attempting to conceive.

Again, I hope that you have experienced a significant improvement with the treatment. Please finish all of your pills, and if you have any problems, please do not hesitate to contact me or make another appointment.