

Second opinion for acne care

This is only for informational purpose and to provide you a personalized guidance.
The best use of this regimen would be to discuss this with your physician.

Patient's name: Mohon (16 years, male)

Email: Mohon205@gmail.com

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Height: 5 feet 5 inch

Weight: 74 Kg

Grade of acne: Severe

Other important tag(s) include : Acne, Post acne spot(blemishes), Pus comes out from acne, Itching, Oily skin

We have chosen the following combination therapy for you based on the parameters entered.

Low dose isotretinoin

Isotretinoin at a dose below 0.5 mg/kg can still cause lip dryness, headache and other side effects. In pregnant patients, it may cause birth defects of the baby. You should **ABSOLUTELY** take this medicine only if your doctor prescribes you this.

[Learn more](#)

Metformin

Usually given at a dose of 500-1000 mg/day (depends on body weight). May cause some gastric problems initially. Like most acne medications, this also acts slow (takes months). Remember that this is a prescription medicine (usually used in diabetes) and you should never take this without a valid prescription.

[Learn more](#)

Clindamycin topical

Usually to be applied over the pimples or as instructed by the doctors. Immediate burning sensation is common. Start with the lowest amount and gradually increase if you can tolerate this. It usually takes a few weeks to show effects. Usually not advised over 2 months for the concern of bacterial resistance.

[Learn more](#)

Azelaic acid

Usually to be applied over the pimples or black spots or as instructed by the doctors. Immediate burning sensation is common. Start with the lowest amount and gradually increase if you can tolerate this. Avoid sensitive areas like below eye , nasal folds etc. It usually takes a few weeks to show effects.

[Learn more](#)

Suggested daily care routine for you

Sunscreen

We recommend a non-comedogenic and water based sunscreen like Suncros soft or Zoray.

[Learn more](#)

Moisturizer

We recommend using any mild non-occlusive moisturizer like cetaphil moisturizing cream.

[Learn more](#)

Cleanser

We recommend using mild cleanser instead of harsh soaps or facewash.

[Learn more](#)

Facewash

We recommend using any mild anti-acne facewash like Ahaglow-s

[Learn more](#)

This is an AI generated opinion and must be validated by a qualified dermatologist. We are strictly against all forms of quackery & self medication. To consult a dermatologist from our group visit our [homepage](#)