

Accutane Protocol

This protocol is established by the FDA. This is the standard of care in our office and we ask that all patients conform to it during their Accutane treatment.

1. You must have one doctor's office visit and one lab test each month for the duration of your treatment. **Avoid over-eating fatty foods as some patients may have elevations of cholesterol and triglycerides.**
2. Schedule your following month appointments at the time of check-out.
3. Keep track of your medication – if you must cancel your appointment for any reason, reschedule as soon as possible..... It will not hurt to run out of medication; however, it could set your treatment back----prolonging your treatment time.
4. Your prescription will need to be taken to the pharmacy within **7 days** of your office visit, counting the office visit day as day 1. **If you exceed the 7 days** the pharmacist will not fill your prescription and you will need to contact **NaperBrook Dermatology @ 630-739-DERM(3376).**
5. Your medication can only be dispensed in one month's quantity. Your dosage may increase from month to month.
6. Please take your medication as prescribed. **DO NOT** try to **"STRETCH"** it out by adjusting the dosage yourself.
7. Read and keep the iPledge booklet and refer to it when needed, and call your doctor if you have any questions or concerns.

MOST COMMON REACTIONS

- **Chapped Lips** – Apply Chapstick, Aquaphor or Petroleum Jelly as needed.
- **Dry Skin** and itching can occur over various parts of the body – Use a moisturizer daily to all dry areas.
- **Mild Nosebleeds** caused by drying of mucous membranes; also dry nose and mouth may occur – apply Petroleum Jelly to moisten the mucous membranes. Use a humidifier.
- **Inflammation of the Eyelids and Eye Irritation May Develop** – Contact your doctor. Therapy depends on severity of irritation.
- **Joint and Muscle Pain** – Contact your doctor if pain is bothersome.
- **Rash; Hair Thinning** – Contact your doctor for advice.
- **Increased Sensitivity to Sun Exposure** – Avoid sun exposure and use SPF 30 sunscreen. **(NO tanning salons)**
- **Peeling of Palms and Soles** – Lubricate your skin with a good moisturizer.

Note: AVOID getting tattoos or piercings during your Accutane treatment. Your healing process will be prolonged as a result.

STOP ACCUTANE and contact your doctor if you have the following:

Non-Specific urinary symptoms

Non-Specific intestinal symptoms

Headache

Fatigue

Blurred Vision