



DERMWELLESLEY

Isotretinoin

Information for patients



iPLEDGE[®]
Committed to Pregnancy Prevention

What is isotretinoin?

Isotretinoin (commonly referred to as Accutane) is an oral retinoid that is used to treat acne and other dermatologic conditions. It is FDA-approved for the treatment of severe acne that is unresponsive to other treatments. Treatment usually lasts 4-6 months.

Will it help my acne?

Isotretinoin is one of the most efficacious treatments for acne, and the only treatment that is potentially curable. Approximately two thirds of patients will be cured after one course of isotretinoin.

What is iPLEDGE?

iPLEDGE is a government program that regulates the use of isotretinoin due to the medication's potential to cause serious birth defects.

Requirements include:

- Confirm that you are on 2 forms of contraception (females of child-bearing potential)
- Confirm you understand side effects and that you will not donate blood or share this medication (all patients)

Getting started:

- Men or females who cannot get pregnant: No waiting period, treatment can start after signing consent forms, creating your iPLEDGE account, and doing baseline blood work.
- Females of child-bearing potential: In addition to above, you must be on two forms of birth control prior to starting. You must have two negative pregnancy tests, at least **30** days apart.

Lock out period:

You will only get a 30-day prescription at a time due to iPLEDGE requirements. You must return to your dermatologist's office every month in order to get a refill.

- Men or females who cannot get pregnant: must pick up prescription within **30** days
- Females of child-bearing potential: must pick up prescription within **7** days

What to avoid when on treatment:

- You must not get pregnant 1 month prior to and 1 month after taking isotretinoin
 - Females of child-bearing potential will have to take a pregnancy test 1 month after completing therapy
- Do not donate blood
- Do not have cosmetic procedures such as waxing, dermabrasion, and laser therapy while on isotretinoin and for 6 months after therapy
- Do not use any other acne treatments, discuss your skin care regimen with your dermatologist

Skin care while on isotretinoin:

- Dry eyes: Lubricating eye drops, do not get anti-redness drops
- Dry nose: Ayr nasal saline spray. Vaseline or Aquaphor ointment in the nares nightly.
- Dry lips: Hydrocortisone 1% lip balm multiple times per day. Vaseline or Aquaphor ointment.
- Dry skin on face: Neutrogena Hydro Boost Water Gel or CeraVe Ultra-Light Lotion
- Dry skin on body: CeraVe cream, Vanicream, Aquaphor ointment; ointments and creams are more effective than lotions

FOR MORE INFORMATION, PLEASE VISIT
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