



BENZOYL PEROXIDE INSTRUCTIONS

Benzoyl Peroxide washes are available over the counter at any local pharmacy (CVS, Walgreens, Rite-Aid, etc). They come in strengths ranging from 2.5% - 10%. For treating acne on the face, I recommend starting with a milder formulation (2.5% - 5%) as the 10% formulation can be too irritating to some. You should use this as a face and/or body wash 1-2 times daily. It can be irritating to your skin, so start by using once a day and increase to twice daily if tolerated. Benzoyl peroxide will bleach towels and clothing if not rinsed off completely, so use a white towel to dry your face. It is best used in the shower to decrease the risk of bleaching towels and clothing.

List of washes for the face (not all-inclusive)

Neutrogena Clear Pore Cleanser/Mask
CeraVe Acne Foaming Cream Cleanser
Acne Free Oil-free Purifying Cleanser
Proactiv Renewing Cleanser
Panoxyl-4 Acne Creamy Wash

List of washes for the back and chest (not all-inclusive)

PanOxyl Acne Foaming Wash Maximum Strength
Clean and Clear Continuous Control Acne Cleanser
Neutrogena Rapid Clear Stubborn Acne Cleanser

If you can only wash your face once daily with benzoyl peroxide (preferably in the morning), I recommend using a gentle cleanser such as Purpose Gentle Cleansing Wash, Cetaphil Daily Facial Cleanser, CeraVe Hydrating Cleanser or Neutrogena Ultra Gentle Daily Cleanser in the evening. These are available in most drug stores.

Benzoyl Peroxide cream

For more rapid clearance of your acne, you may also use a cream containing benzoyl peroxide that is not rinsed off. Although these tend to work better than washes alone, they may be too irritating to your skin, so use only as tolerated. If you are also using tretinoin (Retin-A), do not apply a benzoyl peroxide cream at night as it will deactivate your tretinoin. You may use the benzoyl peroxide cream in the morning and tretinoin at night.

List of benzoyl peroxide creams (not all inclusive)

Neutrogena Stubborn Acne AM Treatment
La Roche-Posay Effaclar Duo