



## The Isotretinoin Shopping List

Many of the side-effects of isotretinoin can be relieved or avoided with common over-the-counter products. This is a list of our favorite products for teens who are taking isotretinoin.

1. Vaseline-based lip balm: **Dr. Dan's Cortibalm**, plain Vaseline, Aquaphor Lip Repair, Burt's Bees Overnight Lip Treatment, Vaniply (Vanicream healing ointment), Lansinoh Lanolin Nipple Cream.

2. Noncomedogenic skin moisturizer: **Neutrogena Hydroboost**, Aveeno SPF30 Moisturizer, Cerave SPF30 Moisturing Cream, Eucerin SPF30 Daily Face Protection, LaRoche Posay Lipikar Balm.

3. Noncomedogenic cleanser: **Cetaphil Gentle Cleanser**, Noxzema, Dove Body Wash, Vanicream free and clear liquid cleanser.

4. Sunscreen: Any product with SPF rating higher than 30 and zinc based.

5. Artificial tears: Numerous inexpensive options can help with dry eye symptoms.

6. Fish oil pills: At least 1 g of Omega-3 a day improves Accutane absorption, decreases harmful fats in your blood, decreases eye dryness, decreases lip cracking, and improves body aches. Storing capsules in the freezer is a good way to prevent "fish burps." DO NOT use Cod Liver Oil, as that will provide too much vitamin A. Good brands include:

- **Omega 3 Fish Oil 2250mg - High EPA 1200MG + DHA 900MG Triple Strength Burpless Capsules by Arazo Nutrition**
- Eniva Omega 3 High EPA/DHA Premium EFACOR Fish Oil Citrus Flavored
- Nordic Naturals
- Carlson's liquid Norwegian Fish oil

7. L-Carnitine (500mg twice daily) or Glucosamine (1.5 g daily): Other over-the-counter supplements that help muscle aches. **Nature Made** is a good brand for glucosamine and contains chondroitin as well.

8. Filter-free bedside humidifier: **Vicks Steam Vaporizer** running in the bedroom each night is an inexpensive option to decrease nosebleeds and dry eyes. Ironically, filter-free options are typically much easier to keep clean than more expensive options with reusable filters.

9. Saline nasal sprays or gels: Prevent nosebleeds by spraying (or applying) first thing in the morning and at bedtime. **Ayr nasal gel** and Arm & Hammer Simply Saline Nasal Mist are great brands.

10. Prescription glasses: Many patients who typically wear contacts can have eye dryness that is severe enough that they need to switch back to eyeglasses. If you do not have a pair of glasses that are current with your most recent eyeglass prescription, consider having an optometry follow-up prior to starting therapy.

11. Drink 64 oz water a day: Will keep lips, skin, and eyes from getting dry and prevent muscle cramps.