



GIG
CYMRU
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WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Isotretinoin

Post-treatment Information

Dermatology Unit

Now that you have completed your course of Isotretinoin please remember the following important points:-

Female patients + contraception

Female patients must continue to use contraception for 5 weeks after treatment with isotretinoin has finished. If you suspect you may be at risk of pregnancy then you should perform a pregnancy test and seek early advice if positive. Termination is still recommended due to high risk of severe birth defects

Dryness, fragile skin and risk of sunburn

Dryness/redness will gradually disappear over the next 1-2 weeks. Your skin may remain fragile / delicate for up to 6 months after you have finished your isotretinoin. Waxing, dermabrasion, laser treatment, non-urgent skin surgery, body piercings and tattoos should still be avoided. Risk of sunburn – ensure extra care is taken with sun protection for at least 4 weeks

Scarring

If you have got marks on your skin these may improve slowly with time. Lasers and peels can help acne scars but are not available on the NHS and should not be done in the first year after isotretinoin treatment.

What should I do if my acne flares up?

If your acne flares up please arrange an appointment with your **GP Practice**. Acne creams/gels and antibiotic tablets can be very effective for acne after a course of isotretinoin, even if not effective before, and these should be the first thing to try.

Useful websites:

www.acnesupport.org.uk/

www.bad.org.uk

**"This document is available in Welsh /
Mae'r ddogfen hon ar gael yn Gymraeg".**