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Oral Medication for Acne and Rosacea

The oral medication you are taking is _____, _____mg, _____ times per day.

Oral medications:

The most commonly prescribed oral antibiotics for acne are the tetracyclines. These include tetracycline, doxycycline, and minocycline. The most common side effects include stomach upset, nausea, heartburn, and an increased sensitivity to the sun.

- Doxycycline and minocycline should be taken with meals, which will lessen the chance of stomach upset. The evening dose should be taken with dinner. Taking the medication at bedtime, before a nap, or prior to lying down increases the chance of heartburn or irritation of the esophagus. If you forget to take your medication with dinner, it is best to simply skip the dose.
- These medications will make your skin more sensitive to the sun and increase the likelihood of sunburn. Use of a good sunscreen and minimizing sun exposure will help avoid sunburn while on these medications. In rare cases, doxycycline and tetracycline may cause a red, blistering rash with only minimal sun exposure. Please be careful to minimize sun exposure when you begin to take this medication.
- For women, side effects may include vaginal yeast infections. If this occurs, please notify us. Most often the yeast infection can be treated so that you can continue to take your medication. To help prevent infection, we recommend that you eat yogurt that contains live acidophilus cultures.
- If you are taking a birth control pill, there is a small chance that the birth control pill may be less effective while you are taking an antibiotic. Therefore, a second form of birth control should be used while taking antibiotics, and for at least one month after stopping the antibiotic.

Recommendations for facial cleansers and moisturizers:

We recommend Cetaphil, Basis, unscented Dove, Neutrogena, Vanicream, or any cleanser and moisturizer the works for you and is noncomedogenic.