



## EPIDUO® GEL INFORMATION

### What is Epiduo® Gel?

Epiduo® is an effective acne treatment for comedones, papules and pustules. The once-a-day gel contains active ingredients that work together to: Unblock the skin's pores and kill the bacteria that creates acne, helping to prevent new breakouts and reduce inflamed, uncomfortable breakouts.

### Contraindications

- Must not use during pregnancy or breast feeding
- Do not use on sunburned skin or on open irritated skin
- Do not use if taking Roaccutane (acne medication)

### How to use Epiduo® Gel

#### First 2 weeks

- Apply every 2<sup>nd</sup> night
- Apply a very thin layer to whole face avoiding sensitive areas
- Use a gentle moisturiser over the top (e.g. La Roche Posay, Toleriane moisturiser)
- On alternate night apply moisturiser only
- Always use SPF 50+ in the morning

#### Week 3-4

- Try applying every night then use a gentle moisturizer over the top, if the skin gets too dry or irritated stop for a few days until the skin is back to normal and go back to every 2<sup>nd</sup> night
- Some people tolerate the Epiduo very well and others take a little longer for their skin to build up a tolerance
- Persistence is the key! Very few people can't use this product and if you persist the results will be excellent
- Use ongoing to achieve maximum results

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