

Azelaic Acid 20% Cream

HOW TO USE AZELAIC ACID 20% CREAM

To get the most benefit from your treatment, please follow this treatment guideline.

- Azelaic acid will help with your acne and rosacea concerns. It can also help to address redness, uneven skin tone and hyperpigmentation associated with acne and rosacea.
- We recommend that you apply this up to twice daily, in the morning and evening. We recommend starting to apply the cream once on alternative days before building up gradually.
- About 0.5 cm of cream (1 pump) is more than enough to cover your face, and should be applied after cleansing your skin.
- Gently spread the cream across your face with your fingertips, and massage in circular motions until the cream has fully absorbed.
- We recommend **not** using other treatment serums such as vitamin C or exfoliating toners that contain salicylic, glycolic or lactic acid treatments at the same time as using azelaic acid. You can finish your skincare routine by applying a simple moisturiser once the product has absorbed.
- Please wear a broad-spectrum sunscreen with an SPF 30 or higher during the day, even if it's cloudy. This will help to protect your skin from UV damage.

WHAT TO EXPECT DURING YOUR TREATMENT

When you first start using azelaic acid, you may notice your skin becoming red, irritated or flaky. The treatments can also make your skin feel dry and tight and/or give you a burning, itching or stinging sensation. If you experience this reaction don't worry, it's a normal response when starting treatment. The steps below will help ease you into the treatment and minimise your reaction. Please note that if you don't have any of these reactions it doesn't mean the treatment isn't working.

Steps you can take to minimise initial reactions:

- If you do experience irritation from the treatment, you can minimise this by using the product every other day until your skin gets used to it, which could take a few weeks.
- If the dryness, peeling and redness are too uncomfortable for you, try applying your moisturiser first, waiting 3–5 minutes for it to absorb, and then apply the topical treatment to your face.

- If your skin is extremely irritated after the first few days of treatment, take a few days off and don't use any medicated treatments on your skin until it settles down. Then, when you start using it again, apply the treatment as above, but wash it off after 60 minutes. Slowly build up the amount of time you have the treatment on your skin until you can keep it on overnight.
- It's very important to remember that these side effects are worse during the first few weeks of your treatment and are entirely normal.
- Once your skin is used to the treatment and you're applying it on a daily basis, you may start seeing improvements within a few weeks; however, it can take up to three months of regular use for the full effect of the treatment to be noticeable. So please be patient with your skin!

HOW DO I KNOW IF I'M ALLERGIC TO THE TREATMENT?

It's important to understand that skin irritation and a true allergy to a topical treatment are very different. Azelaic acid treatments can cause some level of skin irritation — redness, flaking, peeling, skin tightness, burning, and/or itching. This is common as your skin gets used to treatment.

Symptoms of true allergy to a topical treatment are throat tightness, difficulty breathing, feeling faint and/or swelling of the eyes, face, lips or tongue on the first or second use of the treatment. This reaction can occur within minutes or up to 24 hours after product use. Remember that this type of serious allergic reaction is very different from the local skin irritation that you get at the site of treatment application, such as redness, dryness, peeling and burning.

If you think you have developed symptoms of a true allergy, please go to your local A&E department straight away and please let our dermatology team know.

Visit our website to find out more:
dermatica.co.uk