

Isotretinoin

anue
A SKINTEL CLINIC



Isotretinoin. Get more information at:
www.anue.co.nz/isotretinoin

Isotretinoin is a wonder-drug for the treatment of acne, achieving a cure for a majority of people.

Isotretinoin is a retinoid capsule derived from vitamin A. It has been used for over 40 years and has been successfully used by millions.

Brand names include Roaccutane, Accutane, Isotane and Oratane.

How Does Isotretinoin Work?

Isotretinoin is the only option that treats all mechanisms of acne.

The most significant effect is by shrinking sebaceous glands and reducing sebum (grease).

Isotretinoin is anti-inflammatory and encourages a healthier balance of bacteria on the skin. It also helps normal skin cell development.

What is Isotretinoin Used For?

Isotretinoin was initially and is most commonly used for acne treatment.

It is effective for numerous skin conditions, including rosacea, psoriasis, sebaceous hyperplasia and for the signs of aging.

How Effective is Isotretinoin?

For acne, isotretinoin achieves clearance in close to 100% of people. It also achieves long-term cure in about 70% of people with a single course.

What Dose Should I Take?

Modern acne dosing is 10-20 mg daily for 12-18 months. Low dose treatment has demonstrated better outcomes and has less side effects.

Traditional dosing was 60-80 mg daily for 4-6 months. Some countries, such as the USA typically still use these old-fashioned regimens.

For rosacea, 5 mg daily for three months is typical.



Potential Adverse Effects

Overall isotretinoin is very safe, however, there are some side effects.

- **Dryness:** Isotretinoin commonly causes dry skin, lips and other mucosa. With modern low doses, these are easily managed with moisturisers and lip balm.
- **Sun sensitivity:** meaning you will get sunburnt more easily
- **Birth defects:** those taking isotretinoin must not get pregnant. It does not impact having children in the future.
- **Less common side effects:** liver inflammation, elevated fats in the blood, headache, muscle & joint aches.

Common Questions

Do I need blood tests for isotretinoin?

Blood test monitoring is unnecessary for most people as side effects are very uncommon.

However, those with underlying liver disease or at risk of elevated lipids should have blood tests.

Does isotretinoin cause depression?

There is no good evidence that it causes depression. In fact, large studies have shown a 20% lower risk of mental illness when treating acne with isotretinoin.

Why are there so many negative stories about isotretinoin?

There are numerous conspiracy theories and ‘fake news’ stories about isotretinoin. These are typically personal stories about

young people and garner significant attention - in contrast to the millions of successful treatments. However, what they lack is evidence.

We’re dedicated to caring for you

We want you to be delighted with the results of your treatment at Anue. Following this guide can help ensure a successful recovery and maximize the benefits of your treatment.

If you have any questions or concerns at any point throughout your treatment, please do not hesitate to contact us.

Follow-up appointment(s):

Notes