

# Rixis Dermatology Over-the-Counter Product Recommendations



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## Acne

- [La Roche Posay Effaclar \(adapalene 0.1% gel\)](#): Topical retinoid for acne. (Sold at Rixis Dermatology - \$35.99)
- [Neutrogena Clear Pore Wash](#): Benzoyl peroxide + clay cleanser/mask for breakouts.
- [Glytone Mild Gel Cleanser](#): Glycolic acid gel cleanser for oil/congestion.

## Accutane

- [Cerave Hydrating Cleanser](#): Gentle non-foaming face wash great for very dry skin. (Sold at Rixis Dermatology - \$16.99)
- [Cerave Healing Ointment](#): Occlusive balm for lips/corner cracks and fissures. (Sold at Rixis Dermatology - \$9.99)
- [Dr Dan's Cortibalm](#): Low-dose hydrocortisone lip balm for corners of your mouth from severe medication related dryness.

## Anti-Aging

- [La Roche Posay Effaclar \(adapalene 0.1% gel\)](#): Leave-on retinoid for acne & fine lines. (Sold at Rixis Dermatology - \$35.99)

## Circulation

- [Diosmin Hesperidin](#): A Vitamin C derivative that has some clinical data that may help chronic venous insufficiency.
- [Futuro Compression stockings, medium strength](#): Compression for post-operative patients or leg swelling/varicosities.

## CO<sub>2</sub> Laser/CoolPeel

- [Eucerin Immersive Hydration Moisture Boost Serum](#): Hyaluronic acid serum ideal treatment ideal after CO<sub>2</sub> laser.

## Dandruff

- [Neutrogena T Sal](#): Salicylic acid shampoo for very dry scalp build-up.
- [Nizoral Ketoconazole 1% Shampoo](#): Excellent antifungal shampoo for mild cases seborrheic dermatitis.

## Dry Skin/Eczema

- [CeraVe Moisturizing Cream](#): One of the best moisturizers for dry skin on the body. (Sold at Rixis Dermatology - \$18.99)
- [Neutrogena Hydro Boost Gel Cream](#): Lightweight hyaluronic gel for combination skin.
- [La Roche Posay Cicaplast B5 Baum](#): Irritated facial skin: POD, retinoids, rosacea, etc. (Sold at Rixis Dermatology - \$16.99)
- [Urea 20% Cream](#): For cracked and chapped skin on the bottom of the feet or thickened toenails.

## Hand Dermatitis/Eczema

- [3M Cavilon Durable Barrier Repair Cream](#): Hand barrier repair for frequent hand washing.
- [Neutrogena Norwegian Hand Cream](#): Small, portable tube that is helpful for extremely dry skin on the palms and fingers.

## Eye Cream

- [Caffeine solution 5% + EGCG](#): Reduces puffiness and hyperpigmentation in undereye area

## Fragile Skin

- [Arnica Cream](#): Arnica extract cream to help bruises heal faster.
- [Cetaphil Hydrating and Firming Body Cream](#): Clinically proven to help improve "crepey" skin appearance.
- [Rutin 500 mg tablet](#): Supplement that may reduce easy bruising on arms and legs.

## Hair Loss

- [Viviscal PRO](#): Marine complex supplement to promote hair growth.
- [Minoxidil 5% Foam \(Rogaine\)](#): One of the best topicals for androgenic hair loss (it says men but also works for women).
- [Toppik](#): Keratin hair fibers adhere to your own hair to make the area look thicker and fuller.
- [Nioxin Density Defend Diamax Serum](#): Leave-in thickening treatment with caffeine/niacinamide to boost strand thickness.
- [Keranique Follicle Booster](#): Keratin Amino Complex + hydrolyzed keratin to fortify thinning hair.
- [Pura D'or Shampoo](#): Biotin + DHT-blocker botanicals (e.g., saw palmetto) to reduce breakage.
- [Hair Surge](#): Caffeine + saw palmetto shampoo for thinning hair.
- [Pantene Age-Defying Shampoo](#): Fortifying shampoo from the Age-Defy line for aging hair.

## Hyperpigmentation

- [Eucerin Radiant Tone Product Line](#): Formulated with thiamidol, a unique ingredient to safely treat dark spots.
- [Azelaic Acid 10% suspension](#): Improves dark spots as well as inflammation due to acne or rosacea.

## Ingrown Hairs

- [Anthony Ingrown Hair Treatment](#): Gel complex of glycolic, salicylic and phytic acids to treat ingrown hairs.

## Itching

- [Capsaicin 0.1% Cream](#): Helps relieve nerve related itch and pain (might burn).
- [Sarna Calm + Cool Anti-Itch Lotion](#): With menthol & pramoxine to sooth itchy skin, may be used several times a day.
- [NAC \(N-Acetyl Cysteine\) 600 mg tablet](#): May reduce urge to itch, scratch or pick if taken 3 times daily.

## Intertrigo/Sweaty Skin

- [Dove Spray-on Antiperspirant](#): For sweaty areas (under breast, abdomen, etc) to stop chafing. Also, can stop foot fungus.
- [Zeasorb Powder](#): Miconazole drying powder to keep folds dry (under breast, abdomen, etc) and prevent fungus.
- [Dermadry Iontophoresis Device](#): At-home device for hyperhidrosis (hands/feet/underarms).

## Keratosis Pilaris

- [AmLactin Intensive Healing Body Lotion](#): For rough, dry skin on the back of arms/legs/elbows/feet.
- [Glytone Exfoliating Body Wash](#): Glycolic acid chemically exfoliates the skin to give it a smoother-appearance.

## Makeup

- [Neutrogena Mineral Sheers Powder Foundation](#): Lightweight formula will not contribute to breakouts.
- [Westmore Body Coverage Perfector](#): Body coverage for arms and legs - bruises, dark spots etc.

## Nails

- [Elon Nail Conditioner](#): Alpha-hydroxy acids help to pull water into brittle nails making them less likely to chip.

## Photoprotection

- [Niacinamide 500 mg](#): Taken twice daily; may lower non-melanoma skin cancer risk in high-risk adults.
- [Heliocare](#): Antioxidant formula designed to help protect your skin from the sun, for people with skin sensitivities to the sun.

## Rosacea

- [Sulfur 10% Bar](#): Washing with this once daily can improve the amount of facial bumps due to rosacea.
- [Cetaphil Redness Relieving Daily Moisturizer](#): Tinted lotion with SPF 40, has caffeine to help improve redness.

## Scars

- [Bio-Oil](#): Oil for surgical scars, stretch marks, very dry skin.
- [Scar Away Silicone Sheets](#): Medical-grade silicone sheets for scars & keloids (very helpful for large scars).

## Sunscreen

- [Cerave AM Facial Lotion](#): Best for lightweight facial coverage; daily use. SPF 30.
- [La Roche Posay Anthelios Mineral Ultra Light Sunscreen](#): SPF 50, this is very lightweight zinc formula for the face.
- [Colorscience Brush-On Sunscreen](#): SPF 50, tinted mineral powder (helps for reapplying).
- [Neutrogena Sheer Zinc](#): SPF 50, for those allergic to synthetic sunscreens.
- [Neutrogena Ultra Sheer Face Stick SPF 60](#): Facial stick, doesn't sweat into eyes and burn.
- [Neutrogena Beach Defense Spray](#): SPF 70 spray for full body usage on beach days or those who prefer a lightweight feel.
- [SunBum Scalp and Hair Mist](#): SPF 30, dry spray-on coverage for your scalp or part.

## Warts

- [Dr Scholl Corn and Callus Remover](#): Salicylic acid will help to thin the wart out gradually.
- [Zinc Sulfate](#): 50 mg once daily may help to enhance your body's immunity against viruses like warts and molluscum.
- [Cimetidine](#): 200 mg twice daily; OTC antacid used off-label for stubborn warts that have failed other treatments.

## Wound Care

- [Band Aid Hydro-Seal Bandage](#): Can be left on for several days if you don't have someone to help change the bandage.
- [Hypafix](#): For people who are allergic to normal surgical tape.
- [CNH Pillow](#): Ear-relief pillow to offload pressure in CNH not responding to typical therapies.

## Premium/Luxury Products

- [La Roche-Posay](#): Popular picks - Toleriane Hydrating Gentle Cleanser & Double Repair Moisturizer, Lipikar AP+M Balm, Hyalu B5 & Retinol B3 serums, Pure Niacinamide 10, Mela B3 serum, Effaclar Duo acne treatment.



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