

Isotretinoin (Accutane) – Explanation/Consent Form

Isotretinoin belongs to a group of compounds called "retinoids," which are derivatives of Vitamin A. It is an oral medication used for the treatment of severe, treatment-resistant acne. It works by reducing sebum production, improving abnormal keratinization of pores, exhibiting antibacterial effects against *Propionibacterium acnes* (acne bacteria), and having anti-inflammatory properties. It is effective for treating severe acne and rosacea.

Although isotretinoin is covered by insurance for acne treatment in many countries abroad, it is not approved in Japan, therefore, it is provided as a self-paid treatment.

●Treatment Duration

A minimum of 16 weeks of continuous treatment is required unless serious side effects occur. Even after symptoms have improved, continuing treatment for about two more months can help reduce the risk of relapse.

Initially, you may feel that your acne worsens for a few weeks, but this is a typical reaction to the medication. Continued use will lead to improvement.

●How to Take the Medication

Take one dose per day after meals.

Depending on your body weight or symptoms, you may be instructed to take the medication twice a day.

●Dosage

The typical dose is between 20 mg to 40 mg per day.

The exact dosage will be determined based on your weight and symptoms.

●Possible Side Effects

Pregnancy Warning: Isotretinoin can cause serious birth defects (such as malformations), miscarriages, premature births, or stillbirth. Therefore, it must **NOT** be taken if you are pregnant, planning to become pregnant, or could be pregnant.

Common side effects include dryness, itching, skin inflammation (rash, peeling), joint pain, headaches, nausea, vomiting, mood swings, hair loss, and vision problems.

Rarely, severe allergic reactions such as anaphylaxis can occur.

If any of these severe symptoms appear, immediately stop taking the medication and consult your doctor.

If you have any concerns or questions, be sure to discuss them with your healthcare provider before proceeding with the treatment. Since this medication is prescribed for severe conditions, it is important to follow the instructions carefully for the best results and to minimize risks.

Who Should Not Use Isotretinoin (Accutane)

- Pregnant women or those planning to become pregnant
Please avoid pregnancy during the treatment and for 3 months after stopping the medication.
- Breastfeeding mothers
Do not breastfeed during the treatment and for 3 months after stopping the medication.
- Blood donation
Do not donate blood during the treatment and for 3 months after stopping the medication.
- Children under 12 years old or those in the growth stage
There is a possibility of bone development issues in growing children.
- Currently using other acne treatments (e.g., Differin Gel, Bepio Gel, etc.)
You must wait for at least 2 weeks after stopping these treatments before starting isotretinoin.
- People who have had allergic reactions to tretinoin or Vitamin A-based products
- Currently using tetracycline antibiotics (e.g., Minomycin, Vibramycin)
- Currently taking anticonvulsant medication (e.g., Phenytoin)
- People with a history of depression or other mental health disorders
- People with liver function disorders
- People with high cholesterol or triglycerides (Hyperlipidemia)
- People with a soy allergy
- Other individuals for whom the doctor determines isotretinoin is not suitable for acne treatment

Important Precautions

- Laser treatments, chemical peels, hair removal, etc.
These procedures should only be performed 6 months after finishing isotretinoin treatment.
- Avoid cosmetics with retinol or peeling effects during treatment.
- Refund Policy
If treatment must be discontinued due to side effects, refunds will not be issued.

Acknowledgment and Consent

I have read and understood all of the above information. I wish to proceed with oral treatment using Accutane (Isotretinoin).

Date: _____

Patient's Name : _____

Guardian's Name : _____