

FURTHER INFORMATION
FOR PATIENTS

SOME HELPFUL TIPS

STAY FRESH

When building up a sweat, avoid wearing tight clothing, then try to shower and change clothes as soon as you can.

BE GENTLE

Scrubbing skin clean may seem best, but it can actually worsen acne-prone skin. Use a gentle cleanser—steer clear of abrasive cleansing products and don't scrub your skin.

THINK CLEAN

Avoid using skin products containing harsh chemicals. Use only non-comedogenic cosmetics and skincare products.

- Colour cosmetics, such as blushes and powders are acceptable; however, make-up cosmetics should be water based only.

GUARD AGAINST THE SUN

You may have heard spending time in the sun can help clear up skin, but in fact sunlight may darken the appearance of acne.

Be sure to ask your doctor if you have any questions about AKLIEF.



Taking weekly pictures on your phone can help you keep track of your progress, which you can share with your doctor at your follow-up appointments!

STORING AKLIEF

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the carton and tube/pump after EXP. The expiry date refers to the last day of that month.

Discard the tube or pump 6 months after first opening.

This medicinal product does not require any special storage conditions.

Do not throw away unused Akliief cream via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

WHAT AKLIEF CONTAINS

Your prescribed medicine contains the active ingredient trifarotene.

The other ingredients (excipients) are: Allantoin, Simulgel 600 PHA (copolymer of acrylamide and sodium acryloyldimethyltaurate, isohexadecane, polysorbate 80, sorbitan oleate), Cyclomethicone, Ethanol, Phenoxyethanol, Propylene glycol (E1520), Triglycerides medium-chain, Purified water.

GALDERMA
EST. 1981



HELPING YOU TO UNDERSTAND YOUR NEWLY PRESCRIBED MEDICINE FOR ACNE

You have been given this information as you have been prescribed Akliief ▼

▼ **This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. See <https://yellowcard.mhra.gov.uk/> for how to report side effects.**

The purpose of this brochure is to give you important information about acne and AKLIEF. However, it is only a summary and will not tell you everything about treating your acne with AKLIEF. It does not replace your doctor's or pharmacist's advice.

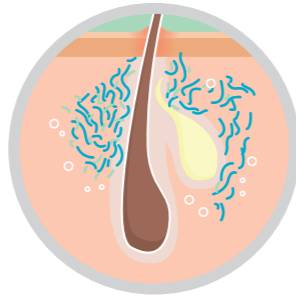
It is very important that you consult the Patient Information Leaflet (PIL) included with your bottle of AKLIEF.

WHAT AKLIEF IS AND WHAT IT IS USED FOR

PLEASE CONSULT THE PIL FOR FULL INFORMATION

The active ingredient is trifarotene, which belongs to a group of medicines called retinoids.

Aklief is used for the cutaneous treatment of Acne Vulgaris of the face and/or the trunk (upper, middle and lower back, shoulders and chest) from 12 years of age and older, when many comedones (whiteheads and blackheads), papules and pustules (inflammatory pimples) are present.



BEFORE USING AKLIEF:

PLEASE CONSULT THE PIL FOR FULL INFORMATION

HERE ARE A FEW THINGS TO KNOW

- You must not use this medicine if you are pregnant or are planning a pregnancy. Do not use if you are allergic to trifarotene or any of the other ingredients in this medicine.
- When using this medicine there is a risk that the active substance in cream passes into your breast milk and a risk to the newborn/infant cannot be excluded. You and your doctor must make a decision whether to discontinue breast-feeding or to abstain from Aklief therapy. If breastfeeding, this medicine should not be applied to the chest or breast area, in order to avoid contact with the child.
- Aklief should not come into contact with the eyes, eyelids, lips, or mucous membranes. If the product accidentally enters the eye, wash immediately and abundantly with luke warm water. Be careful when applying to sensitive areas of the skin such as the neck or armpits.
- Aklief should not be used on cuts, scrapes, abraded or eczematous skin.
- Aklief should not be used on sunburned skin.
- You should not use “waxing” as a depilatory method on skin treated with Aklief.
- Caution should be exercised when Aklief cream is applied at the same time as other preparations used on the skin including cosmetics.
- Caution should be exercised if cosmetics or acne medications with peeling, irritant or drying effects are used, as they may produce additive irritant effects with the medicinal product. If your skin becomes irritated, contact your doctor.
- If a reaction suggesting sensitivity to any component of the formula occurs, the use of Aklief should be discontinued.

HOW TO USE AKLIEF

PLEASE CONSULT THE PIL FOR FULL INFORMATION

1. MOISTURISE

To help minimize irritation, use a moisturiser before or after applying this medicine. You can use a moisturiser as frequently as you need. The moisturiser can either be applied before or after this medicine, allowing sufficient time to let the skin dry between the moisturiser and medicine application.



2. APPLY

Apply a thin layer of Aklief cream to the affected areas of the face (forehead, nose, chin and right and left cheeks) and/or all affected areas of the trunk once a day, in the evening, on clean and dry skin.

Wash your hands immediately after applying the cream.

Use 1 pump for the face and 2 pumps to cover trunk (i.e. reachable upper back, shoulders and chest).

You can use an additional pump to cover the middle or lower back if acne is present.

More than four (4) pump actuations in one day is not recommended.

If you use more Aklief than you should on your skin, you will not get rid of your acne any quicker, but your skin may become irritated, scaly and red. Talk to the doctor if you have used more Aklief than you should.

Contact a doctor or the national poison centre immediately if:

- a child has accidentally used this medicine
- you or someone else accidentally swallow this medicine.

Your doctor will advise you on what action needs to be taken.

If you forget to use Aklief in the evening, use it the next evening. Do not apply a double dose to make up for a forgotten dose.

Your doctor will tell you how long you will need to use Aklief. After three months of treatment your doctor may need to assess the continued improvement of your acne.



3. AVOID SUN

Minimize your exposure to sunlight, including sunlamps. Use a good sunscreen with SPF 30 or higher and wear protective clothing.

Avoid using sunlamps, tanning beds, and phototherapy during treatment.



PLEASE REFER TO THE PATIENT INFORMATION LEAFLET (PIL) INSIDE YOUR AKLIEF PACKAGE FOR FULL INSTRUCTIONS.

Remember to use this medicine exactly as your doctor told you to use it.

WHAT TO EXPECT

PLEASE CONSULT THE PIL FOR FULL INFORMATION

When you first start using AKLIEF, you may experience some skin redness, dryness, itching, peeling, burning, stinging, and pigment loss of the skin (Please refer to the package patient information leaflet for a full list of potential side effects).

- If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at: <https://yellowcard.mhra.gov.uk/>. By reporting side effects you can help provide more information on the safety of this medicine.

