

Retinoid Instruction Sheet

Retinoid = Vitamin A cream/Tretinoin/Retin-A/Adapalene/Aklief/Tazarotene

- Wash face with mild cleanser, pat dry, and apply thin film to entire face nightly.
- Only use a **pea-sized** amount for the entire face.
- Avoid the skin around the eyes and lips.

Slowly increase the number of nights you use the cream to prevent or minimize peeling, burning, and redness.

Week 1: use only 2 nights, non-consecutive (ex. Monday and Thursday)

Week 2: use 3 nights, non-consecutive (ex. Monday, Wednesday, Friday)

Week 3: use 4 nights, non-consecutive (Monday, Wednesday, Friday, Sunday)

Slowly add one night every week until you can use it nightly. You are allowed to use non-comedogenic/oil free moisturizers to combat the irritation.

If burning and excessive peeling occurs, take a 3-4 day break from the cream and once your face recovers, restart its use slowly.

You may have flares of dryness and peeling as the weather changes (especially the cold), you can decrease the use of the cream when this occurs and use over-the-counter moisturizers (non-comedogenic/oil free) for the dryness.

MYTH

It is a myth that retinoids thin the skin. This ingredient has been medically proven to thicken the skin of the dermis, it will thin the top outer layer of dead skin (epidermis). For that reason, do not wax your face while using retinoids, you will burn your skin. You will also be more sensitive to the sun, broad spectrum sunscreen applied every 2 hours is recommended.

Contact the office if you have any questions.