



TOPICAL RETINOIDS

Tretinoin, adapalene, and tazarotene (also known as Retin-A[®], Renova[®], Differin[®], and Tazorac[®]) are prescription medications derived from Vitamin A. They are effective treatments for skin conditions including mild to moderate acne. When used long-term, they may reduce some fine lines and wrinkles, freckles, and brown spots. They commonly cause dryness, flaking, and irritation of the skin when first applied, this improves with use and time.

Directions for Use:

1. Topical retinoids are best used at night.
2. Cleanse your face and wait 15-30 before apply a pea sized amount of medication to the face. The face should be completely dry before application.
3. Use a pea-sized amount for the entire face. Dab it onto the forehead, nose, cheeks, and chin, then rub it in gently. When applying the medication, avoid the eyes and lips. Do not use the medication for spot treatments.
4. Start by applying the medication twice a week. Gradually increase to every other night, then every night. If you experience irritation, you may consider reducing the use until it is better tolerated. It is important to allow an adequate amount of time for use since irritation will lesson with use and time.
5. You may use a moisturizer if your skin becomes dry. Choose a non-comedogenic oil-free product such as Cetaphil[®].
6. These medications may make your skin more sensitive to the sun. As always, apply a sunscreen daily. Choose a broad spectrum sunscreen that protects from bother UVA and UVB with SPF 30 or higher.