

MID VALLEY

DERMATOLOGY & COSMETIC SURGERY CENTER

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TRETINOIN / RETIN-A

THIS MEDICINE IS MOST OFTEN USED FOR THE TREATMENT OF ACNE AND SUN-DAMAGED SKIN.

IN SENSITIVE INDIVIDUALS IT MAY CAUSE IRRITATION.

FOLLOW THESE INSTRUCTIONS TO MINIMIZE THE LIKELIHOOD OF IRRITATION.

1. WASH YOUR FACE GENTLY. AVOID ROUGH FACE CLOTHS OR OTHER ABRASIVE CLEANSERS.
2. DRY YOUR SKIN WITH A SOFT TOWEL. SINCE TRETINOIN/RETIN-A IS MORE LIKELY TO CAUSE IRRITATION IF IT IS APPLIED TO WET SKIN, IT IS IMPORTANT THAT YOUR SKIN BE DRY BEFORE APPLICATION. YOU MAY DO THIS IN ONE OF A NUMBER OF WAYS:
 - A. WAIT ABOUT 20 MINUTES AFTER WASHING, BEFORE APPLYING YOUR MEDICINE.
 - B. USE A MAGAZINE TO FAN YOUR SKIN.
 - C. USE A HAIRDRYER ON THE COOL SETTING TO "BLOW DRY" YOUR SKIN.
3. A PEA SIZE AMOUNT IS USUALLY SUFFICIENT TO MEDICATE YOUR ENTIRE FACE, USE YOUR FINGERTIPS TO RUB THE MEDICINE INTO THE SKIN. AFTER APPLICATION YOUR SKIN SHOULD NOT FEEL GREASY. IF IT DOES, YOU MAY HAVE USED TOO MUCH.
4. SUPERFICIAL SCALING OF THE SKIN IS OFTEN NOTED WHILE USING THIS MEDICINE. MOISTURIZERS MAY BE USED AS NEEDED. CONTINUED USE IS OFTEN ASSOCIATED WITH AN INCREASED TOLERANCE OF OUR SKIN TO THIS EFFECT OF THE MEDICINE.
5. IF THERE IS DISCOMFORT USING RETIN-A PLEASE DISCONTINUE USE AND CALL THE OFFICE PROMPTLY.
6. A BROAD SPECTRUM SUNSCREEN SHOULD BE USED DAILY.
7. AVOID WAXING FACIAL HAIR WHILE USING RETIN-A.

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