

## Instructions: Use of Topical Retinoids

(Tretinoin, Retin-A, Atralin, Tazorac, Differin, Renova, Epiduo, Veltin, Ziana,)

- Your medication can cause irritation; most people become more tolerant and have less irritation over time.
- Start using **every other night** for the first 2 weeks. Increase to every night if tolerated.
- Use **after** the application of moisturizer to face to minimize irritation.
- Use only a **one pea-size** amount to cover the entire face, no more is needed. If instructed, a pea-size amount can also be used on the chest or back. This is **not** meant to be used as a spot treatment.
- Be patient, results slowly increase with time, and it may be 2-3 months before a more noticeable change will occur.
- Use a **sunscreen every AM**, as the medication increases sun sensitivity.
- If you plan to wax any hair in the area treated, you will need to stop the medication one week prior to waxing as tolerated. Threading can be done as usual with this medication.
- **Stop** using if you become pregnant or during any breastfeeding time period.

**At The Derm Institute, we will work hard with you to achieve your desired result. Please be patient with these medications, as it takes time for your skin to adapt to these medications and for the effects to be seen. In acne, sometimes purging of the skin can occur in the initial weeks of treatment. Compliance is often the key. Please call us if you have any questions or concerns.**