

Retinoids

You have been prescribed a retinoid called _____.

Instructions

- A pea-sized amount should be applied to the finger, dotted in multiple distinct places (forehead, cheeks and chin) and then rubbed into the surrounding skin. Do not spot treat. Too much medication is only more irritating, not more effective. You may use Vanicream, Cetaphil or CeraVe lotion for scaling and dryness.

Tips

- **Retinoids should be avoided during pregnancy.** If you become pregnant stop this medication and call the office.
- Do not use with abrasive soaps, astringents, toners, scrubs, or buff puffs as this will increase irritation.
- If skin irritation occurs (scaling, redness, burning, stinging, dryness) use the medication EVERY OTHER NIGHT for the first two weeks of use or apply a thin layer of oil-free moisturizer prior to applying. Temporary flaking, dryness, and pinkness are a normal response to use of this medication.
- If irritation continues or worsens, stop the medication and alert your dermatologist.
- This medication may cause your acne to become more noticeable before showing improvement. This is expected. Microdermabrasion (Silk Peel), extractions, or chemical peels can be utilized to minimize this worsening.
- **Do not** have facial waxing while using a topical retinoid.
- If a medicated cleanser was not recommended, use a mild soap such as Vanicream Soap or Cleanser, Neutrogena Fresh Foaming Cleanser, Cetaphil Facial Cleanser or CeraVe Cleanser.