

## Retin-A Care Instructions

While your skin adapts to Retin-A, you may experience some discomfort such as irritation, redness, and peeling. For many patients it is best to start using it every third night. The flaking and irritation side effects are usually the worst in the first 2 weeks of application. As your skin adjusts to the medicine, you can apply it more frequently. If you notice an increase in the irritation or flaking, it's ok to take a break for a couple of days.

1. Wash your face with mild soap and gently dry. Wait 1 minute for your face to fully dry.
2. Mix a pea size amount of Retin-A with your night cream and/or prescription medication and apply to the entire face, avoiding the more sensitive areas around your eyes, angles of nose, and corners of the mouth. A small amount goes a long way.
3. In the morning, wash your face with a mild facial scrub or rough wash cloth. This will help reduce the noticeable flaking.
4. After washing, apply a good water-based moisturizer. The moisturizer will make the drying effect of the medicine more tolerable.

If flaking occurs during the day, use a washcloth to remove it and apply more moisturizer, or just apply moisturizer. Try using a moisturizer that also contains a sunscreen.

### Minimize Your Sun Exposure

Retin-A (tretinoin) can make you more susceptible to sunburn. Exposure to sunlight should be minimized.

- Avoid excess exposure to the sun.
- Use a sunscreen of at least a 30 or higher.
- If you are sunburned, stop using Retin-A until fully recovered.
- Wear a hat and protective clothing in the sun.

**Questions/Concerns.** Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact our office at 425-450-0880.