



Dermatology *Partners*, Inc.

Ruth Tedaldi, M.D.

Rachel Herschenfeld, M.D.

Carin Litani, M.D.

Elissa Lunder, M.D.

Madeline Bachta, M.D.

Jessica Lioi, N.P.

Directions for Applying Topical Retinoids

Topical Retinoids include: **Retin A/ Renova/ Skin Medica Retinol/ Avene Retrinol/ Differin/ Avage/ Tazorac**

These topical medications are important in the treatment of acne, photodamage, fine lines, and skin pigmentation.

Most people can successfully apply topical retinoids as part of their skincare regimen if they are used properly. Overuse of these preparations can cause redness, dryness and irritation.

In order to maximize your success with these products, please follow these directions for their us:

- Apply a pea size amount to the entire face, avoiding the eyelids and corners of the nose and mouth. If beginning, start by mixing product with a moisturizer in the palm of your hand. Apply every third night for two weeks, then every other night for two weeks, and gradually increase until using nightly. Eventually after several months, you will not mix the retinoid with moisturizer unless your skin feels dry.
- **Anytime your skin feels irritated or inflamed, skip a night or two to rest the skin and only use a gentle moisturizer. Eventually your skin will adapt to the products. “Listen” to your face. More is not better!**

Please note that your skin will be slightly more sensitive to sun exposure while using retinoids. Therefore, we recommend daily use of a broad spectrum sunscreen with SPF 30 or higher. Your skin will also be more sensitive to waxing, and you should stop your topical retinoid one week before waxing facial skin.

If you have any questions, please call our aesthetics department at 781-433-0139

The content above is for informational purposes only. It is not a substitute for professional dermatological advice, diagnosis or treatment. Your medical history and the facts of your particular case will determine the dermatological treatment that is right for you. And remember, if you think you may have a medical emergency; call your doctor or 911 immediately.