



USE OF TOPICAL RETINOID/RETINOLS ON SUN-DAMAGED SKIN

Retinoids/Retinols improve the health and appearance of skin by unclogging pores and speeding cellular turnover. This reduces discoloration, as well as fine lines and wrinkles giving skin a softer, brighter and smoother appearance.

Directions for Use

- Apply product every other night for the first two weeks. If, after two weeks, you are not experiencing redness or irritation, increase application to every night.
- The risk of redness and irritation can be minimized by waiting to apply retinoids until 15-20 minutes after you wash your face.
- Use a pea-sized amount of medication for your entire face (do not spot-treat). Dispense the medication onto your index finger and gently rub a quarter of the medication into each quadrant of your face. Do not apply the product to your eyelids.
- If the medication is not absorbed into your skin quickly, you are likely using too much.

Common Side Effects

You may experience redness, dryness or peeling of the skin during the first few weeks of use. You may treat this with moisturizers. These side effects should resolve within 3-4 weeks, as your skin gets used to the retinol/retinoid. If you continue to experience side effects after 4 weeks, you can either reduce the frequency of use or call our office for further instruction – we may be able to prescribe or recommend a less potent product.