



INSTRUCTIONS COSMETIC USE OF TRETINOIN (Retin-A)

To minimize the risk of possible side effects and complications of injections please follow these simple steps:

Tretinoin (Retin-A) Instructions

- Tretinoin or Retin-A is the only topical therapy that has clinically significant data to support its efficacy for its anti-aging properties. It does so by increasing cell turnover and collagen in your skin. It is also frequently used to treat Acne. For cosmetic (anti-wrinkle use), it is not covered by insurance. If the pharmacy requests a pre-authorization, please offer to pay in cash as insurance will not approve it for cosmetic use.
- Do not use if pregnant or breastfeeding.
- "Retinoid Reaction" is a common side effect from the initiation of tretinoin therapy. Symptoms include red, dry, or peeling skin. This is not dangerous but for this reason we recommend the use of a moisturizer following schedule when initiating therapy.
 - Apply 2 nights a week for 2 weeks and then add 1 night a week every 2 weeks until tolerating nightly.
 - Decrease frequency if symptoms of retinoid reaction persist.
 - If tolerating well, the strength of the Tretinoin can be increased during your next visit to maximize its efficacy (it comes in 0.025%, 0.05%, and 0.1% formulations)
- Application steps:
 - **Step 1:** Wash your face and apply eye cream. An eye cream would be able to protect the delicate skin around your eyes.
 - **Step 2:** Wait a few minutes until your skin is completely dry. This is important, because if your skin is at all damp, the retinol will be able to absorb more deeply into your skin and might cause irritation. We want to apply moisturizers and serums to slightly damp skin, but never retinol.
 - **Step 3:** Take a pea-size amount of your retinol and, starting at your chin, apply with your fingertips in upward and outward motions.
 - **Step 4:** Finish with your moisturizer. Vanicream is a cost-effective option available OTC at pharmacy.
 - **Step 5:** Remember to apply a broad-spectrum sunscreen the morning after. Tretinoin increases your risk for sunburn.