

How to use Retin A | Differin | Tazorac | Tretinoin

The medication prescribed is a unique medication. Unfortunately, it has a great tendency to irritate the skin (redness, desquamation, or burning). **It does not have to irritate the skin in order to work.** The following instructions will help minimize irritation and therefore optimize results.

- Apply medication at **bedtime**.
- Prior to applying the medication wash your face, dry face completely, then wait at least 20 minutes before applying medication.
- Apply the **minimum** amount that is necessary to cover the **full face**.
- Do not apply other products before or after the medication is used.
- Avoid the sun and wear sunscreen. (ie. Blue Lizard)
- Should Irritation occur, STOP applying the medication. Once irritation resolves, you can resume applications. You may need to use medication every other day or every third or fourth day before your face gets used to medication and you can leave it overnight.
- A simple way to start treatment is the following:
 - For the first 3 nights leave medication on for less than a minute, then wash off. If no irritation occurs, slowly increase to 1 hour over the next week. If no irritation occurs, you can then leave the medication on overnight.
- One in every three individuals that uses this medication will experience worsening of his/her condition. If so, **do not stop** applying medication. Sometimes, it needs to become worse before it gets better.
- Be patient, it can take up to three months of treatment before you start seeing improvement.

Please contact the office with any questions or concerns.