

**TOPICAL RETINOID INSTRUCTION SHEET
(for Skin Medica Retinol Complex, Renova and Retin-A)**

For patients interested in facial rejuvenation topical retinoids are a great addition to your at home skin care regimen. Using a topical retinoid daily can diminish the appearance of fine lines and wrinkles by stimulating collagen production. It also works to help enhance skin tone, texture and reduce the appearance of brown spots by increasing cell turnover and cell regeneration.

1. For optimal results use once daily at bedtime.
2. Apply prescription medications or any Skin Medica TNS products before the retinoid. Moisturizers go on after the retinoid.
3. Use a small amount, about a pea size is all you need to treat your entire face. You can divide this amount into five dabs and apply to your forehead, left cheek, right cheek, nose, and chin. Spread out as thin as possible to cover your entire face. Do not apply to eyelids or lips.
4. Every patient will experience some dryness, redness, or even peeling within the first several weeks of therapy. This generally resolves on its own at six or eight weeks. In the meantime, it is okay to use a moisturizer on top. Choose a moisturizer that is specifically made for facial skin; examples would include Cetaphil Daily Facial Moisturizer or you can purchase one of many Skin Medica moisturizers here in our office.
5. If you have never used a retinol product before, begin by limiting use to twice a week, gradually increasing frequency to every other night, and then advancing to each evening or as tolerated.
6. Photosensitivity is a common adverse reaction to using a retinoid. Therefore, do not apply in the morning and use sunscreen to prevent sunburns.
7. To complete your skin care regimen apply a daily sunscreen every morning. We recommend Skin Medica Daily Physical Defense. It includes added antioxidants to further help reduce brown spots and wrinkles. Remember, sunscreen is the final step before any cosmetics.