



## **Tretinoin Guidelines**

Tretinoin, also known as Retin-A and Renova, is a prescription skin medication used to treat many skin concerns. This includes sun-damage, fine lines and wrinkles, hyperpigmentation, uneven skin texture and acne.

Tretinoin works by speeding up the skin's metabolism to promote cellular turnover. This increases the production of elastin, collagen, and hyaluronic acid. This also accelerates the removal of dead skin cells and keeps the pores clear of bacteria and other irritants.

Tretinoin may be used alone, in combination with other skin medications, or in preparation for treatments such as chemical peels, dermabrasion or laser procedures.

You may not see significant improvement until 2 to 3 months after starting use.

Tretinoin should only be applied at night.

### **HOW TO APPLY:**

- Remove any makeup, wash face thoroughly and pat dry with a clean towel.
- Apply a pea-sized amount of Tretinoin to your face. Avoid the corners of your mouth, corners of your nose and eyelids.
- Do NOT rub the product in
  - Apply a thin layer and allow it to dry. End the application with a “feathering” motion at the edge of the application area.
- Wait 15-20 minutes for Tretinoin to fully absorb into skin, then apply moisturizer.
- In the morning, wash your face and pat face dry with clean towel. Apply moisturizer and **DAILY SPF**.
  - Retinoids increase your sensitivity to the sun and sun exposure causes permanent skin damage and aging. It is important to apply a sunscreen every morning and more frequently if needed.

### **FREQUENCY:**

- Apply on Mondays and Thursdays to start.
  - After 2 weeks, apply every other night.
    - After another 2 weeks, apply every night as tolerated.
- After your desired concentration is achieved, you may taper the Tretinoin.
  - Apply only 3 times per week for 2 weeks.
    - Then 2 times per week for 2 weeks, then stop use.
- You may restart the cycle of use after 6 months.

### **POSSIBLE SIDE EFFECTS:**

- Skin irritation, peeling, flaking, and redness are common and usually resolve within 2 to 4 weeks.
  - Please note: If you have rosacea or naturally pink skin, the redness may be more significant.
- Do not use with hydroxy acids, vitamin C or other irritating products unless you have been using them already without irritation.
- If you are pregnant, you may be advised to stop use. It is important to discuss this with your provider.