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## TOPICAL RETINOIDS

### **Retin-A (tretinoin), Differin (adapalene) and Tazorac instructions**

- After washing with a mild cleanser, wait several minutes before applying topical retinoid.
- A pea sized amount of the medication should be spread evenly on the entire face, excepting the eyelid margins. The medication will not work properly if used only as a spot treatment.
- Retinoid should be used every other night for the first one to two weeks and then each night thereafter if tolerated. If the skin becomes very irritated using the retinoid every night, cut back to every other night.
- Wash hands thoroughly after applying retinoid.
- Retinoid may cause mild dryness, pinkness and peeling. If the skin is getting red or sore, stop retinoid for a few days and then use it less frequently.
- You may notice worsening of your acne during the first 4-6 weeks. Improvement usually begins around 8 weeks and continues with prolonged use.
- Use a non-comedogenic moisturizer with sunscreen as often as needed for dryness.
- Use a mild soap for washing your face.
- Retinoids can make the skin more sensitive to sunburn. Therefore, it is important to use sunscreen.
- Discontinue use of all acne medications if intending to become pregnant or if you become pregnant.