

# Retinoid Patient Instructions

| When you first start using a retinoid         |      |     |      |      |      |     |    |
|---|------|-----|------|------|------|-----|----|
| Apply every Monday and Thursday for 2 weeks   |      |     |      |      |      |     |    |
| Then Monday, Wednesday and Friday for 2 weeks |      |     |      |      |      |     |    |
| Then, every night as tolerated.               |      |     |      |      |      |     |    |
| Sun   | Mon  | Tue | Wed  | Thu  | Fri  | Sat |    |
|   |      |     |      |      |      |     | 1  |
| 2   | ✓ 3  | 4   | 5    | ✓ 6  | 7    |     | 8  |
| 9   | ✓ 10 | 11  | 12   | ✓ 13 | 14   |     | 15 |
| 16  | ✓ 17 | 18  | ✓ 19 | 20   | ✓ 21 |     | 22 |
| 23  | ✓ 24 | 25  | ✓ 26 | 27   | ✓ 28 |     | 29 |
| 30  | 31   |     |      |      |      |     |    |

|   |  |
|---|--|
|  | <b>Warning:</b> Only treat areas that your dermatologist has specifically evaluated.   |
|  | <b>Warning:</b> Before using a topical retinoid, tell your doctor if you are allergic to any drugs.  |
|  | <b>Warning:</b> This medication may be harmful to an unborn baby. <b>DO NOT USE</b> if you are pregnant or plan to become pregnant during treatment.   |
|  | <b>Warning:</b> It is not known whether topical retinoids pass into breast milk or if it could harm a nursing baby. <b>DO NOT USE</b> this medication if you are breast-feeding a baby.  |
|  | <b>Warning:</b> Avoid exposure to sunlight or artificial UV rays. Retinoids can make your skin more sensitive to sunlight and sunburn may result. Use a sunscreen (minimum SPF 30) and wear protective clothing if you must be out in the sun. |

## Irritation Phase

- We advise use of moisturizers to prevent dryness from retinoids.
- If excessive irritation develops, discontinue use for 1-2 days. After 4-8 weeks your skin will become much less irritated by the retinoid.
- Discontinue use of the retinoid for 5-7 days prior to waxing, laser treatments, chemical peels or microdermabrasion, and resume 3-5 days after treatment unless otherwise directed.
- Gently wash your face with mild cleanser. If excessive irritation develops, it may help to wait 15 minutes after washing, for the face to completely dry before application of retinoid.
- Apply only a pea size amount to the entire face, avoiding sensitive areas around the eyes, nose and mouth.

Example:



**Photosensitivity** - A physical UVA/UVB block from the sun, such as zinc oxide or titanium dioxide, provides the most protection. Remember that damaging rays from the sun can penetrate the clouds and even glass. When feasible, peak hours of the sun should be avoided (10 am to 4 pm). Retinoid users should seek shade, when they can. Once-a-day sunscreen application is not enough. Exposed areas of the skin should be protected with sunscreen 30 minutes prior to exposure, re-application is recommended every 2 hours, and more often if sweating or swimming. If prolonged sun exposure is expected, such as during a vacation, discontinue use of the retinoid 1 week before the exposure and resume upon return.

|   |   |
|---|---|
|  | Get emergency medical help if you have any of these signs of an allergic reaction: hives, difficulty breathing; swelling of your face, lips, tongue, or throat. |
|  | Stop using retinoid and call your doctor if you have severe burning, stinging, or other irritation of your skin after applying the medication.                  |