

## **INSTRUCTIONS FOR APPLYING TOPICAL RETINOIDS (Tazorac, Retin-A, Differin, Atralin, Renova, Ziana)**

1. The entire face will only require a “pea-sized” amount of the medication
2. Wait 20 to 30 minutes after gently cleansing your face at night before applying the retinoid.
3. Gently apply a small amount of the medication to all of the areas on your face where you are breaking out, not just on individual pimples, just enough to barely cover the area.
4. Begin by applying the medication every other night. After two weeks, if there is no redness or irritation, increase application to every night.
5. If your skin becomes overly chapped or irritated, then apply the medications less often, such as every 3 or 4 days. You can also apply Cetaphil or CeraVe lotion.
6. If you apply the medication **too soon** after washing your face or you apply too much medication, you will increase the redness and irritation without increasing the benefit.
7. In the summertime, you will need a sun screen to protect your skin from burning since the retinoid will make you more sun sensitive. The SPF should be at least 15 and preferably higher.
8. Wash your face gently with Lever 2000, Dove, Purpose or Cetaphil soap. **AVOID** washcloths, facial scrubs, Buff Puffs, astringents and any other over the counter products that dry or irritate your skin and might make you more sensitive to the irritation from the retinoid.
9. For dryness, use Cetaphil or CeraVe lotions in the morning as a soap substitute. These lotions may be gently rinsed or wiped off. Alternatively, these lotions may be left on the skin without increasing the risk of worsening the acne.
10. Use caution when waxing facial hair as retinoids can make skin more fragile. Try a small area of skin first to make sure your skin can tolerate the trauma induced by waxing.