

## COMPREHENSIVE DERMATOLOGY GROUP

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### RETINOID HANDOUT

Retinoids (Renova, Tazorac, Retin-A, Tretinoin, Differin, Epiduo, adapalene, tazarotene, others) are used to treat a number of skin problems, including sun damage, fine wrinkles, brown spots, pore size, and acne.

Retinoids should not be used during pregnancy or while breast feeding. Discontinue retinoids 1 week before waxing or having a facial/peel, especially in the region to be waxed.

Retinoids can cause irritation such as redness and peeling. Follow the following guidelines to minimize irritation:

- Apply the retinoid at night.
- Moisturize after applying the retinoid (use a good quality moisturizer such as Cetaphil or Cerave).
- Use a pea sized amount to cover the entire face. Avoid the upper eyelid, corners of the eyes, and corners of the mouth.
- Your doctor may advise you to start once-twice per week. You can then increase the frequency as tolerated, up to once/ night.
- Do NOT start the retinoid just before a major social event.
- Use a good sunscreen during the day.
- You may dilute the retinoid with a small amount of good quality moisturizer (such as Cerave or Cetaphil) in the first few weeks of using.