

RETIN-A INSTRUCTIONS (TRETINOIN .1%)

WHY USE RETIN-A?

Retin-A is a very powerful tool to make your skin healthier and look amazing. Retin-A builds collagen and elastin fibers, reducing fine lines and wrinkles. Retin-A also reduces acne and shortens the duration of any break out. Retin-A is corrective on previous sun damage, creates healthy functioning skin and gives skin a beautiful, glowing radiance.

HOW TO USE RETIN-A:

Apply to the face, neck and chest every night or every other night after cleansing, as directed in your consultation. It may take up to four weeks of light shedding (one complete skin renewal cycle) for your skin to fully adjust to the routine of Retin-A. Light peeling and pink skin are a temporary, normal part of this process. Remember that the structural benefits come with long term, regular use.

INSTRUCTIONS:

- Start with a small pea amount of Retin-A.
- Apply the Retin-A (or lotion mix if advised) in the evening to clean, very dry skin.
- Rub the Retin-A between two fingers and spread all over the face, including under the eyes.
- After 30 minutes you can apply a moisturizer and eye cream as needed.

CAUTION:

- Always wear a professional sunscreen as advised in your consult.
- Do not use any exfoliants such as scrubs or glycolic products the first four weeks.
- Skip Retin-A use 5 days prior to facial waxing, threading or invasive skin treatments.
- Contact the office if you have any treatment questions.

Remember, the two secrets for younger looking, beautiful skin:

1. The use of professional products as advised.
2. Quarterly **BBL** (Photo-facial/IPL) for lighter skin types, or an annual **Halo** for darker skin types.