



## *Retinoid Instructions* *(Retin-A, Differin, and Tazorac)*

- Topical retinoids are vitamin A derivatives that unclog pores and help eliminate blackheads and whiteheads. They also reduce oiliness.
- When you first start using Renova, Retin-A, Avita, or Differin, apply: every Monday and Thursday for two weeks, then Monday, Wednesday and Friday for two weeks, then every night as tolerated. If excessive irritation develops, skip one or two nights and then resume.
- For Tazorac, apply the .05% gel every third night for two weeks, then every other night for two weeks, then every night until samples are gone. Then start the 0.1% gel every other night for two weeks, then every night if tolerated. If used in this manner, after four to eight weeks your face will become much less irritated by the retinoid. Some patients can only tolerate applying the retinoid every other night.
- Gently wash your face with a mild soap (Dove fragrance free, Purpose, Oil of Olay foaming face wash, etc.) If excessive irritation develops, it may help to wait 15 minutes after washing for the face to completely dry before application of the retinoid. You may also apply a noncomedogenic moisturizer to your face and allow it to dry before applying your retinoid.
- Apply only a pea-size amount of the retinoid to the entire face, avoiding sensitive areas around the eyes, nose and lips.
- Side effects:
  - Your skin may be more susceptible to sunburn while on retinoids (This is especially a problem during the first month of use.) Select a non-comedogenic sunscreen as needed.
  - If excessive irritation develops, stop the product for a few days and then resume at a lesser frequency. If skin irritation develops, a non-comedogenic moisturizer (Neutrogena facial, Purpose, etc.) may alleviate the dryness. If severe irritation develops, contact your dermatologist.

**FOR WOMEN: If you are trying to get pregnant or become pregnant, discontinue the retinoid.**

### **General Skin Care:**

- All skin care products (sunscreens, make-up) should be non-comedogenic, meaning they will not clog your pores.
- Only use moisturizers on dry areas (unless you are applying it during the day for sun protection in which case it should be used on the entire face)
- You should discontinue all other over the counter medications and drying agents until your face is tolerating the retinoid.

### **For Questions or Emergency Care:**

Call the office at **601-815-3374**. You may need to speak with the doctor on-call.