



## BAY AREA COSMETIC DERMATOLOGY

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### HOW TO USE TRETINOIN

[ aka "Tret" or Retin-A ]

We know almost everyone can successfully and comfortably use tretinoin. Tretinoin increases collagen production, plumps skin, softens fine lines & wrinkles, reduces pore size, prevents and treats acne, all while offering more luminous and healthier looking skin.


### WHAT TO EXPECT WHEN STARTING TRETINOIN

Peeling, burning, itching, stinging and redness may occur with some people during the first 1 - 3 weeks of tretinoin therapy. It is also possible to have an acne breakout or purge. Should these effects become excessively troublesome, please contact your provider for further instructions.

#### # OF TRET APPLICATIONS PER WEEK FOR FIRST MONTH OF USE

WEEK 1	WEEK 2- 3	WEEK 4
1 - 2 nights per week	3 - 4 nights per week	Every night, as tolerated

### HOW TO USE TRET

- Cleanse your face, allow skin to completely dry.
- Apply moisturizer *before* using tretinoin to help with dryness and skin sensitivity, **or** mix moisturizer and a lentil sized amount of tretinoin together to apply at the same time.
- You will use a lentil-sized amount of tretinoin for your entire face. Dab the lentil of tretinoin on the four corners of your face. ( cheeks -> forehead-> nose-> chin ) Lentil-sized amount = 
- If instructed to do so by your provider, mix a lentil-sized amount of Obagi Blender [#5] with your tret in the palm of your hand and apply it in the same manner as noted above.
- Starting at your cheeks, rub the tretinoin lightly into the skin with an outward feathering motion. Continue feathering out along cheeks, forehead, sides of face, chin, nose and jawline. Avoid corners of eyes, nose and mouth area. A small amount may be used to treat the skin above the upper lip and bridge of the nose if desired.

- Please consult your provider if using any glycolic, salicylic acids, scrubs, etc. Mixing active / medicated products should be done with caution and under a doctor's supervision.
- It is vital to practice sun protection while using tretinoin. Apply a SPF 30+, every day.
- Pause tretinoin use 3-5 days before any facial waxing, sugaring or threading appointments.
- You may be instructed to pause tretinoin for several days before and/or after specific in-office treatments.

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If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

**Questions or concerns?** Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.