

# TRETINOIN

## FOLLOW INSTRUCTIONS CAREFULLY

### BEFORE BED

1. **WASH** your face with a mild soap and dry your skin gently.
2. **WAIT** 20 to 30 MINUTES BEFORE APPLYING MEDICATION; it is important for skin to be completely dry to minimize possible irritation.
3. **APPLY** Tretinoin once daily before bedtime, or as directed by your physician. If your skin is sensitive, your physician may advise that you start by applying Tretinoin every other night.
  - Do not to use more than the amount suggested by your physician or apply more frequently than instructed. Too much may irritate the skin, waste medication and won't give faster or better results.
  - **Keep the medication away from the corners of the nose, mouth, eyes, and open wounds.** Spread away from these areas when applying.
  - **Tretinoin Cream:** Squeeze a **half inch or less** of medication onto the fingertip. While that should be enough for your whole face you may find you need slightly more or less after you have worked with it for a while. The medication should become **invisible almost immediately**. If it is still visible, you are using too much. Cover the affected area lightly with Tretinoin cream by first **dabbing it on your forehead, chin, and both cheeks, then spreading** it over the entire affected area. Smooth gently into the skin.
  - **Tretinoin Gel:** Squeeze about a **half inch or less** of medication onto the fingertip. While that should be enough for your whole face after you have some experience with the medication you may find you need slightly more or less to do the job. The medication should become **invisible almost immediately**. If it is still visible, or if dry flaking occurs from the gel within a minute or so, you are using too much. Cover the affected area lightly with Tretinoin gel by first **dabbing it on your forehead, chin, and both cheeks, then spreading** it over the entire affected area. Smooth gently into the skin.



### IN THE MORNING

1. **WASH** face with mild soap. Gently dry skin.
2. **APPLY** a moisturizer or a moisturizer with sunscreen that will not aggravate your acne (noncomedogenic).

### WHAT TO EXPECT

**Tretinoin works deep inside your skin, and this takes time.** You cannot make Tretinoin work any faster by applying more than one dose each day, but an excess amount of Tretinoin may irritate your skin. Be patient. There may be some discomfort or peeling early in treatment. Some patients also notice that their skin begins to take on a blush.

These reactions do not happen to everyone. If they do, it is just your skin adjusting to Tretinoin, and this usually subsides within two to four weeks. These reactions can usually be minimized by following instructions carefully. Should the effects become excessively troublesome, consult your doctor.

**BY THREE TO SIX WEEKS,** some patients notice an appearance of **new blemishes** (papules and pustules). At this stage, it is important to **continue using Tretinoin**.

**BY SIX to TWELVE WEEKS,** You should notice a continued improvement in your appearance. Don't be discouraged if you see no immediate improvement. **Don't stop treatment at the first signs of improvement.** Once your acne is under control, you should continue regular application of Tretinoin until your physician instructs otherwise.