



Kavali
Plastic Surgery

RETIN-A

- Be prepared to use to Retin-A for at least 3 months before you and your doctor decide whether it's working for you
- Before applying Retin-A, make sure your face is clean
 - o Certain soaps can irritate your skin while on this medication.
 - o Use a mild soap made for people with dry skin such as Dove, Tone, Caress, Camay, Lubriderm, Lever 2000, etc.
 - o Don't wash your face more than twice a day
 - o Wait for at least 30 minutes after washing face before applying Retin-A
- If you are using benzoyl peroxide or a topical antibiotic for your acne, ask your doctor if you should stop
 - o If your doctor tells you to keep using the other medication, apply it in the morning and apply Retin-A at night.
- If you use an astringent (drying agent with alcohol) or a skin "toner" you should stop before you begin Retin-A.
- Expect Retin-A to irritate your skin initially.
 - o If the irritation gets really bad, you might try stopping for a few days until your skin heals and then restart with every other night or every third night.
 - o If this doesn't help, you may be changed to a milder strength
- Most people that use Retin-A become more sensitive to the sun, especially in the summer. To protect yourself, use a sunscreen with a sun protection factor (SPF) of at least 15 before going outside.