

TRETINOIN (“RETIN-A”) PRODUCTS

PRODUCTS

Tretinoin Cream/Gel/Lotion (0.025%, 0.05%, 0.1%)
HQRA (Hydroquinone 10%, Hydrocortisone 1%, Tretinoin 0.025%)

ABOUT

Tretinoin is a synthetic form of the antioxidant Vitamin A, which has both medical and aesthetic benefits. Medically, it can be used to treat acne, milia, and comedones (blackheads). Aesthetically, it helps rejuvenate and reverse sun damaged skin, age spots, precancerous spots, and fine lines and wrinkles. It can also be used preventatively to keep the texture and tone of the skin tight and youthful.

Hydroquinone is bleaching agent that works by decreasing the melanin production, which is what produces the darker pigment in your skin. It is used to treat skin conditions related to hyperpigmentation, including acne scars, age spots, freckles, melasma, and post-inflammatory hyperpigmentation (PIH).

INSTRUCTIONS FOR APPLICATION

Initially, start off using only 2-3 nights per week. As you build a tolerance, you will be able to add additional days of application, and eventually you should tolerate applying the cream every night of the week.

- Wash face at night using a gentle cleanser.
- Wait 10-15 minutes until your face is completely dry.
- If you use any serums during your nightly routine, apply after face is dry and prior to tretinoin product.
- Use a large pea sized amount of tretinoin product for the *entire* face; dab a little on your forehead, cheeks, and chin and spread thin.
- Avoid or use caution near the corners of the eyes, nose, and mouth; these areas can be much more sensitive.
- Wait a few minutes for tretinoin to settle, then you may resume your usual nightly face routine or apply a moisturizer (suggestions: CeraVe, La Roche Posay, Cetaphil, DML, Vanicream).

EXPECTATIONS

Please allow 2-3 months to determine effectiveness of product. If you have concerns regarding efficacy, please schedule a follow up appointment with your dermatologist, so that he or she may re-evaluate and further manage your condition. The efficacy of hydroquinone usually reaches its max potential after about 3 months of consistent use. Therefore, after finishing 1 tube of HQRA, it is recommended to switch to plain tretinoin 0.025% instead of continuing the HQRA. Please discuss with your provider.

These creams will make you much more susceptible to burning in the sun. Therefore, it is recommended you do not expose this skin to the sun, and SPF 30 or higher and a hat is to be worn at all times while outside. Besides burning, exposing this skin to the sun also risks reversing any correction the creams may have done.

RISKS

Dry, flaky skin
Irritation
Worsening of hyperpigmentation for darker skin tones
Sunburn