

RETINOL/TRETINOIN (Retinoic acid) INFO CARD

What is it?

“Vitamin A derivatives” which aid in skin rejuvenation and prejuvenation, and in the treatment of the following, and are also used to fortify/prepare the skin for procedures:

- Acne and acne scarring
- Oily skin
- Irregular pigment/texture
- Age spots

What will it do for my skin?

There are multiple anti-aging benefits including smoothing, brightening and firming of the skin leading to a more even complexion with a noticeable reduction of fine lines and wrinkles.

How does it work?

The ingredients (specifically medical grade prescription formulas available at Newtown MediSpa) work at different strengths/potencies by increasing healthy skin cell turnover, promoting collagen synthesis, chemically exfoliating skin and through anti-oxidant activity.

If your practitioner recommends one of our medical grade or prescription Retinol/Tretinoin products, below are general guidelines which DO NOT supersede any alternate instructions provided to you directly by your practitioner.

- Start at a lower strength and potency
- Start with a pea-sized amount (one pump) at bedtime after cleansing twice a week (ie T/Th), then ramping up gradually (M/W/F)
- Development of tolerance is expected in a 2-6 week period

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The following anticipated reactions may be seen at varying degrees, especially at initiation or with higher potencies: Redness, irritation, sensitivity, flaking, dryness, tightness.

If you are experiencing difficulty with side effects try the following steps:

- Apply your moisturizer first, or mix with your moisturizer
- Reduce frequency of application
- Reduce dose or amount you are applying
- Reduce potency/strength
- Avoid mixing with other products that can exfoliate or irritate skin until tolerance has been established

Daily SPF of 40 or higher MUST be worn when using this medication, avoid sun exposure.

This medication should not be used in pregnancy or while breastfeeding.

Proceed with caution if you have a darker skin type or if you are prone to hyperpigmentation.

This medication requires discontinuation a few days to weeks prior to some skin treatments including waxing, laser, and peels. Check with your practitioner.

**If you have any questions or concerns,
please give our office a call.**

203-304-9725 or 203-802-6334

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