



## PATIENT INFORMATION: RETINOIDS

### WHAT IS A RETINOID?

A retinoid is derived from Vitamin A. Prescribed retinoids are potent topical treatments and must be used with care to avoid adverse effects. Topical retinoids are used to treat acne (Epiduo, Differin) and as a cosmeceutical product to improve sun-damaged, pigmented and aged skin.

Retinoids have revolutionized dermatology and aesthetics however they must be respected! Retinoids tend to cause irritation called retinoid dermatitis (red and dry skin), note that this is not an allergy.

The good news is that most people become tolerant and have less irritation over time. You must not overuse retinoids, if your skin is reactive, dry & red, you are using too much.

### INSTRUCTIONS FOR USE

1. Wash your face with warm water in the **evening** & pat dry
2. Apply moisturiser suitable for your skin type
3. Apply your retinoid
  - Start with a pea-sized amount to cover the entire face every 2nd night for the first 1-2 weeks, then use every night
  - If you have sensitive skin, dilute this with a small amount of your moisturiser
  - You can use a pea-sized amount for the chest or back if needed
4. Wash off in the morning

### REMEMBER

This is not a spot treatment, use your pea-sized amount over your entire face (yes, it is enough!)

**Do not** use a retinoid after a hot shower, as more product will be absorbed

**Do not** apply a retinoid in the daytime, as this will cause sunburn

**Do** use a sunscreen as you are more likely to get burnt when using retinoids, we recommend UberZinc

If your skin becomes red and dry after use, we recommend using DermaCalm

**Do not** use a retinoid if you are pregnant or breastfeeding

If you get any area of your face waxed, stop using your retinoid 7 days prior to treatment

If you forget to use your retinoid for over a week, start at the beginning of this advice or you will get dermatitis