



INFORMATION ON THE COSMETIC USE OF RETINOIDS

Retinoids, such as tretinoin or Retin-A, tazarotene or Tazorac, Adapalene or Differin, etc have been used for many years as anti-aging creams. They are often the foundation of most anti-aging regimens, especially the ones that are suggested at the Center for Dermatology, Cosmetic, and Laser Surgery, Inc. This is because they reverse the signs of photo-damage, including fine lines, wrinkling, excessive pigment and other signs of sun damage. Here are some pearls on how to use these products:

1. Start gently and slowly, applying them either for a limited amount of time such as 1-2 hours and washing them off, then gradually increasing this time over a few weeks to overnight, or starting every 2-3 days and then increasing slowly to every night.
2. Application of a moisturizer such as Moisture Dew, CeraVe, or any others suggested by us will help reduce the dryness and flaking, and irritation/dryness associated with the use of these products.
3. Initially you may experience dryness, some redness, and irritation which is usually tolerable. This gradually goes away with increased use.
4. Apply only a pea-sized amount to the entire face, not just where you think you need it!
5. Regular use of this product will be beneficial only after 6-12 months. If you expect to see results within a few weeks, it will not happen!
6. These products may also be useful as pre-cancer preventative agents.
7. Sunscreen use is a must!

If you get excessive irritation, dryness, burning, itching, or redness please stop this product and contact us for suggestions. In the meanwhile to reduce these symptoms you may apply an over the counter anti-inflammatory such as 1% hydrocortisone cream with a moisturizer twice a day until the symptoms subside. We will also suggest other agents to be used in the morning to compliment the use of these retinoids, and to enhance or supplement their anti-aging effects. We suggest that you discuss this with your physician, provider or aesthetician. Please take advantage of the complimentary consultation that you can obtain from one of our aestheticians who can expertly guide you on the use of these agents, along with other products and complimentary procedures such as peels, microdermabrasion, or dermaplaning. As always, please don't hesitate to contact us either via phone, or via our web portal at www.centerforderm.com.

The attached photograph shows the effects of these retinoids over a period of one year.



The Benefits of a Retinoid

Retinoids are labeled:
Tretinoin, Retin A, Renova & Tazorac



Before Retinoid use

After Retinoid use
(48 weeks)

FIG. 4. Clinical improvement in "Crows foot" wrinkles following 48 weeks of treatment with 0.05% tretinoin cream.

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