



**Instruction for Use of Retinoids (Adapalene/Differin, Tazorac, Retina-Microgel, Tretinoin, Veltin, Epiduo, Ziana, Fabior)**

The retinoid which you have been prescribed may be quite irritating to the skin, and therefore the following instructions should be followed.

1. Apply the medication nightly. To minimize irritation in the early stage of treatment, one should wait for approximately 20 minutes after cleansing of the face before the medication is used. Wash the face gently with a mild soap or non soap cleanser. Avoid using astringents or other drying agents. Avoid glycolic or alpha hydroxyl acids until you have used the retinoid for at least two weeks.
2. Use the medication very sparingly at first. Two to three tiny drops should be enough to adequately cover the face. Avoid the corners of the eyes and mouth because these areas are more susceptible to the “drying” effects of the medication.
3. Since this is a new medication for you, BE CONSERVATIVE. You may want to apply the medication one to two nights only in the first week to determine how you will be able to tolerate it. If no excessive redness, scaling, or other signs of irritation are evident, you may gradually increase the frequency and amount.
4. Daily application of sunscreen is always recommended.
5. Moisturizing creams and lotions may also be used during the day if needed. They may also be applied after Adapalene/Differin or Tazorac at night, but they may inactivate Retin-A. They can also be used first and then Adapalene/Differin or Tazorac can be applied over them. We suggest  
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6. Remember, if you feel that you are having any reaction to the medication (redness, dryness, and scaling, itching, pain, cracking) please stop the medication and give our office a call.
7. USE OF RETIN-A, TRETINOIN, ADAPALENE/DIFFERIN AND TAZORAC IS TO BE AVOIDED DURING PREGNANCY.
8. Instructions for use of \_\_\_\_\_: Apply for \_\_\_\_ minutes the first night and increase by \_\_\_\_ minutes every \_\_\_\_ days until you reach one hour, then leave on overnight. If \_\_\_\_\_ irritates you then decrease the time you leave it on or use it less frequently (example every other day, etc)