

# Southside Dermatology

## Topical Retinoid Treatment Instructions

(Tazorac, Retin-A, Tretinoin, Differin)

1. The entire face will only require a “pea-sized” amount of the medication.
2. Apply to a clean, dry face – when possible, wait 20 to 30 minutes after gently cleansing your face at night before applying the retinoid. This is helpful if you are especially sensitive to the retinoid.
3. Gently apply a small amount of the medication to all areas on your face where you are breaking out, not just on individual pimples, just enough to barely cover the areas.
4. Begin by applying the medication every other night. After two weeks, if there is no redness or irritation, increase the application to every night.
5. If your skin becomes overly chapped or irritated then apply the medication less often, such as every 3 or 4 days. You can also apply Cetaphil or CeraVe lotion.
6. If you apply the medication too soon after washing your face or if you apply too much medication, you will increase the redness and irritation without ceasing the benefit.
7. In the summertime you will need sunscreen to protect your skin from burning since the retinoid will make you more sun sensitive. The SPF should be at least 30 and preferably higher.
8. Wash your face gently with a cleanser such as Neutrogena, Dove, Purpose or Cetaphil soap. Avoid washcloths, facial scrubs, Buff Puffs, astringents and any other over the counter products that dry or irritate the skin and might make you more sensitive to the irritation from the retinoid.
9. For dryness, use Cetaphil or CeraVe lotions in the morning as a soap substitute. These lotions may be gently rinsed or wiped off. Alternatively, the lotions may be left on the skin without increasing the risk of worsening the acne.

If you have any questions please call the clinic during the hours of 8:00 am- 5:00pm at (918)760-0700 and a nurse will be available to assist you.