

ACNE – Retin-A (Tretinoin)

Retin-A is a “peeling” agent and normalizes the skin so that your skin is less prone to developing plugged pores. It will prevent new spots from forming.

How to use:

1. Apply once a day – preferably at bedtime.
2. Wash the face with a mild soap and pat the skin dry with a towel.
3. Apply a thin layer of the medicine to your entire face. A dot the size of a green pea placed on each cheek and the forehead can be spread thinly to cover the entire face.
4. You may apply either a moisturizer or topical antibiotic as prescribed by the doctor at the same time as you apply Retin-A.
5. Each morning you will gently wash your face and then you can apply moisturizer during the morning and throughout the day. Until your face gets used to the Retin-A, it is best to be careful around the eyes, mouth, and nose since these areas get irritated the easiest.

Initially, you should use the medicine every other night for the first two or three weeks. If you are tolerating the medicine OK then move up to every night. If you are getting too much irritation, then use it every 3rd night. Your goal is to eventually work up to using Retin-A every night. Most people get used to the Retin-A by the 4th to 6th week of use.

The side effects of Retin-A include redness, irritation, burning, and itching. You may also experience worsening of your acne during the first several weeks of use. This is all temporary and your skin will get used to the Retin-A and the acne will slowly improve. Some people believe that Retin-A makes you a little more sensitive to sunlight, although I have seldom seen this to be any problem. However, you may need to use a facial sunscreen (SPF 15 or greater) outdoors if you do think you are more sensitive to the sun while using Retin-A.

Most people take 6 to 8 weeks to see definite improvement in their acne after the medication has been started.

Females:

You should discontinue Retin-A if you become pregnant.

You should discontinue use of Retin-A 2 weeks prior to waxing of facial hair.

NOTE: This is not a comprehensive information sheet. If you desire complete drug information, contact the pharmacist or refer to the “package insert”.