

**ACNE TREATMENT WITH A RETINOID:
RETIN-A, DIFFERIN, OR TAZORAC**

1. At night before bed, wash your face thoroughly with a mild soap or with a product as directed by Dr. Whaley. Then pat dry your face. **DO NOT** use an alcohol-based astringent or toner after washing.
2. Wait after washing a full 20-30 minutes before applying your retinoid. Wet or even moist skin can absorb the medication too quickly and cause unnecessary irritation.
3. Apply a pea sized amount of the medication to your finger and dab over forehead, chin, and cheeks. Then spread it over your entire face. Don't spot treat lesions, smooth the medication into your skin until the cream/ointment becomes invisible. Do not over apply. More is not better just more irritating.
4. Every morning after washing your face, apply a facial moisturizer with sunscreen. This is an important step. Your retinoid will cause dryness and make your skin more susceptible to the sun.
5. Side effects you may experience:
 - a. **Peeling and Flaking.** You may notice your skin is drier than usual.
 - b. **Burning and Stinging.** A slight prickling sensation is common. If the burning becomes severe call your doctor.
 - c. **Breakouts and Blotches.** If your skin is sensitive, it may temporarily develop some pimples, become red and blotchy even swell a little.
 - d. These side effects should reduce after 3-4 weeks of consistent use.
6. Don't overexpose our skin to the sun, wind, or cold. Extreme hot, cold or windy conditions can worsen the side effects and cause your face to sting. Be sure to use a sunscreen every day, regardless of the weather.