

## **TOPICAL RETINOIDS**

tretinoin (Retin A)  
tazarotene (Tazaorac)  
Esthetics Select Retinol Serum

Retinoids are derivatives of vitamin A.

### **HOW TO USE TOPICAL RETINOIDS**

- Apply your medication in the morning or at night. Wash your face, dry well and then apply a small amount to the entire face. **IT IS USUALLY NOT NECESSARY TO WAIT THIRTY MINUTES AFTER WASHING BEFORE USING RETINOIDS.** You may find it helpful to wait if you are experiencing burning or stinging immediately after applications of your medicine.
- Dilute your retinoid as much as is necessary to prevent dryness or peeling. **IT IS NOT NECESSARY TO EXPERIENCE REDNESS, IRRITATION OR DISCOMFORT IN ORDER TO OBTAIN THE BENEFITS OF RETINOID USE.**
- Dilute with water or Sheer Moisture Cream (acne-prone skin) or dilute with Esthetics Elite Translucent Moisturizer (mature skin). Some areas, especially near the eyes, mouth and cheeks are very sensitive.
- Follow this procedure when diluting your retinoid. Put a pea-sized amount into the palm of your hand. Apply your medication full strength to the areas of your face that are not dry or peeling. Be careful with areas that are dry and peeling, save these for last. Dilute the retinoid that remains in your hand as much as necessary to avoid dryness. Your tolerance will slowly increase and you will be able to dilute your retinoid less and less. Finally you will be using it full strength to the entire face without problems. **IT IS NOT NECESSARY TO EXPERIENCE REDNESS, IRRITATION OR DISCOMFORT IN ORDER TO OBTAIN THE BENEFITS OF RETINOID USE.**
- Use your retinoid daily.
- Your own skin care products and cosmetics may be used in conjunction with your retinoid.
- Retinoids may increase your susceptibility to sunburn. Take precautions to avoid over exposure. Apply your retinoid in the evening and remove it in the morning.

### **MAJOR USES**

- Acne
- Actinic keratoses – sun-induced, pre-malignant lesions
- Wrinkles
- Ichthyosis – thickened, scaly skin
- Wound healing – especially after chemical peels or dermabrasion
- Flat warts

### **ACTIONS**

- Causes the outermost layer of skin (keratin layer) to be shed more easily. As a result pores are unplugged and smaller in about six weeks. The skin becomes smoother and shinier.
- Stimulates more rapid proliferation of skin cells. Abnormally thinned skin is thickened and wound healing is hastened.
- Induces normally sequenced cell maturation. Pre-malignant skin changes are reversed and skin cancer prevented.
- Causes cells in the second layer of the skin (dermis) to make more collagen. Wrinkling is decreased in approximately nine months.
- Promotes new blood vessels growth. The skin is well nourished and better looking.

## **ADVERSE EFFECTS**

- Redness, peeling and discomfort
- Enhanced susceptibility to sunburn and to irritation to wind, cold and cosmetics
- Sun-induced tumors in some white mice only, other animal studies with opposite findings. No such effects noted in humans.

## **RETINOIDS DO NOT:**

- Remove normal age spots or moles
- Erase deep wrinkles
- Tighten very loose, sagging skin
- Cure skin cancer

## **SUGGESTED PRODUCTS**

- Cleansers
  - Esthetics Elite Acne Cleanser – 2/2, 5/2,10/2
  - Esthetics Elite Foaming Cleanser – sensitive skin
- Moisturizers
  - Esthetics Elite Translucent Cream
  - Esthetics Elite Advanced Fortified Moisturizer
  - Esthetics Sheer Moisture Lotion
- Sunscreens
  - Esthetics Select Sunscreen, SPF40
- Chemical Peels
  - Esthetics Exfoliating Pads - 5/2, 10/2