

### **Topical Retinoid Use Instructions**

**(Examples: Adapalene, Differin, Tretinoin, Retin-A, Tazorac)**

- Wash your face with a mild cleanser such as Cetaphil, Cerave, or Neutrogena gentle cleansers.
- Wait 10 minutes until the skin is completely dry before applying a pea-sized amount of the topical retinoid to your entire face.
- Begin applying the topical retinoid cream every other night for two weeks. Then increase to every night as tolerated. It is normal to experience initial redness and dryness. However if dryness or irritation persists, decrease application to every third night. You may apply moisturizer after the medication to soothe the skin.
- If you were prescribed Tazorac cream or gel, you may mix a pea-sized amount of non-comedogenic moisturizer with the medication. This may help to reduce irritation.
- In the morning, wear a facial moisturizer that contains at least SPF 30, as topical retinoids tend to make the skin sun sensitive.
- Your acne may flare for one-to-three weeks after starting treatment. This is normal. Continue using the topical retinoid and the flares should decrease.
- Be patient and consistent, because topical retinoids take at least six weeks to work and for you to see improvement.
- Topical retinoids are NOT considered safe to use during pregnancy. If you are actively trying to get pregnant, or just found out that you are pregnant, discontinue use immediately.
- Always inform your provider of topical retinoid use prior to having cosmetic procedures, such as laser treatments, facials, waxing, and laser hair removal.

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