

South Louisiana

Ear, Nose, Throat & Facial Plastics

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Here are some guidelines that may make it easier to take **Retin A (Tretinoin).**

- Apply Retin-A in a thin layer at night. A small amount goes a long way.
- In the morning wash your face with a mild facial scrub or rough wash cloth. This will help reduce the noticeable flaking.
- After washing, apply a good water-based moisturizer. Yes, guys, this applies to you too. The moisturizer will make the drying effect of the medicine more tolerable.
- If flaking occurs during the day use a wash cloth to remove it and apply more moisturizer, or just apply moisturizer.
- Try using a moisturizer that also contains a sunscreen. If not, apply sunscreen anytime you are in the sun even for a short amount of time. Tretinoin makes you more susceptible to sunburn.
- When you first start using Retin-A, apply it every other night or every 3rd night. The flaking and irritation side effects are usually the worst in the first 2 weeks of application. As your skin adjusts to the medicine, you can apply it more frequently.
- If you notice an increase in the irritation or flaking, it's ok to take a break for a couple of days. Just don't stop completely without consulting Dr Guillot.
- **For Questions:**
 - Call the office at 985-327-5905. You may need to speak with the doctor on call.