



get gorgeous

Tretinoin for Facial Rejuvenation:
The Solid Gold of Skin Care

Tretinoin (Retin-A) cream rejuvenates sun-damaged skin by bringing newer, healthier skin cells to the surface faster and by building new collagen. It comes in several different strengths: 0.025%, 0.05%, and 0.1%. Better results come from stronger strengths, but stronger strengths can cause increased skin irritation.

To achieve maximum benefit and minimize side effects, follow these steps:

- 1) Apply a pea-sized amount of Tretinoin cream to your clean face at bedtime. Avoid toners and exfoliators. You may also apply it to your neck and chest, but these areas are more prone to irritation.
- 2) Start using the Tretinoin cream on Mondays, Wednesdays, and Fridays for 1 month and then slowly increase to nightly use.

NOTE: *Stop using during pregnancy and nursing, and stop your Tretinoin a week before waxing.*

You can expect some redness, flaking, and dryness initially. Use a good moisturizer both morning and night to help with this — ask Dr. George for recommendations! If the irritation is too much, take a break for a few nights then resume.

Your skin will become more soft and smooth and darker spots and patches will fade after using the Tretinoin cream nightly for 3 months. It takes 6-9 months to see fine lines and wrinkles improve.