

HOW TO USE RETINOIDS SUCCESSFULLY

Vitamin A derivatives started decades ago with the introduction of Retin-A® for use in acne. Consistent use of these products (12 months +) will result in new collagen formation in the skin, reduction of freckles and dark areas, and reduction in fine lines. Using them before having a procedure will “rev up” the skin and make it heal quicker afterwards.

In order to get the most out of these products with the least side effects, a few guidelines are necessary. First of all, never use hot water on the face. Use only cool water and a gentle cleanser, with the hands, to clean the face. Wash the face in the morning and early evening, then do not wash the face again. Apply the retinoid at bedtime, using a very thin layer evenly over the entire area (face, but also neck and chest if there is a need). Having a layer of normal oil on the skin will help diminish possible irritation. The first two weeks, you may notice increased peeling/dryness. This is normal – the retinoid is normalizing the desquamation process and these are old dead skin cells that need to come off. Once all these dead skin cells are gone, there will be nothing left to peel off and the dryness will be much less. If you feel you need a moisturizer at night, it can be applied after the retinoid.

Do be careful to put the retinoid on right at bedtime – if you have it on your skin and someone is kissing you for example, they can develop irritated lips!