



## Lowe Plastic Surgery (LPS)

### Retin-A / Tretinoin Fact Sheet

- Retin-A is a member of a family of drugs called Retinoids.
- Retinoids are very good for your skin in general. They help tighten the pores, decrease oil production, and exfoliate. This helps with fine lines and brown spots.
- Retinoids can be used for Acne, Overgrown Oil Glands, Brown Spots, Psoriasis, Scar Treatment, Treatment of Several Cancerous and Precancerous Conditions of the Skin, Warts and Other Viral Growths – just to name a few conditions.
- The generic name for Retin-A is Tretinoin. They work exactly the same way. This is the cream we most often prescribe to treat the problems associated with aging skin.

#### How to apply your Tretinoin:

- Wash your face with your normal nightly cleanser and towel dry.
- Mix a PEA SIZED AMOUNT of your Tretinoin with a QUARTER SIZED AMOUNT of your normal night cream. The night cream will dilute out the Tretinoin so it's easier to apply and it is less abrasive.
- Apply to your entire face and neck, and the V of your chest. You can also use it on the backs of your hands.

#### Helpful Facts

1. Tretinoin comes in many different strengths, starting at .025 and going to .1.
2. We usually start you at a lower strength and then gradually increase the strength with time.
3. Tretinoin is almost always prescribed as a cream, but for people who are extremely oily we occasionally use a gel. For people who are really dry, there is a product called “Renova” which is in a thick emollient base. We can get that for you too.
4. When you start using Tretinoin your face may be a little pink and a bit scaly. This is normal. It means it is working! Moisturize more through-out the day and use a bit less of the Tretinoin for a few days if it's too peely for you to tolerate. Work through the peel – it is temporary.
5. Be very careful with waxing / tweezing your face / facials / microderm while using Tretinoin. It makes your skin more sensitive to heat and friction. If you have to wax, stop the Tretinoin for a couple of weeks in advance.
6. You may be a bit more sensitive to the sun. Wear a hat and sunscreen. You should be doing that anyway. (:
7. Please do not use Tretinoin while you are pregnant or nursing.
8. Tretinoin is de-activated with light exposure. This is why we have you use it at night and we discourage sun exposure after you apply your cream.
9. If you are older than 25 or 35, depending on your insurance plan, your insurance may not cover your Tretinoin.
10. If you are treating brown spots or wrinkles, your insurance will not cover your Tretinoin.
11. We sell Tretinoin in the various strengths, as well as Renova, at a greatly reduced price for your convenience. You are welcome to buy from us. If you want to try a pharmacy, I would encourage you to go to a discount pharmacy like Sam's. The bigger pharmacies tend to put a huge mark-up on cosmetic products.
12. We will do a Prior Authorization through your insurance if the pharmacy requests it and it is appropriate to think your insurance might cover the cream. That process usually takes several days and is quite time intensive. Either my nurse or the pharmacy will let you know the outcome. Just because we try doesn't mean it will go through – this cream is an exclusion on many plans no matter what we are treating.
13. A tube of Tretinoin may last you as long as 6 months or a year, depending on how much you use.
14. I would like to see you use Tretinoin forever. We all should. It is good for your skin and has a protective effect against skin cancer if used consistently.