

Bruce P. Robinson MD  
Diplomats American Board of Dermatology  
121 East 60<sup>th</sup> street, second Floor  
New York, New York 10022  
[www.BruceRobinsonMD.com](http://www.BruceRobinsonMD.com)  
(212) 7507121

## How To Apply Topical Retinoids Tretonin | Aklief | Arazlo | Epiduo Forte

- 1) Wash face and let dry for 15-20 minutes. If you apply Topical Retinoids to a wet face you may experience stinging and burning.
2. Start using every other night for the first 2 weeks. Increase to every night if tolerated.
- 3) Apply only a "pea size" amount to your finger tip and then dot, dot, dot to the entire face. NO more is needed, Avoid the eyes and lips. If instructed a pea size can also be used to treat the chest and/or back.
- 4) Your medication may initially cause irritation. You may apply a non-comedogenic moisturizer. Over time, most people become more tolerant and have less irritation. Your face should not become beefy red and/or hurt. If this occurs, skip using your topical acne medication for a few days and call to schedule an appointment with Dr. Robinson.
- 5) Topical Retinoids can make your skin more sensitive to the sun. Therefore, tanning salons or sun lamps are **not** allowed. Always apply a non-comedogenic sunscreen (SPF 15 or greater) after applying the topical retinoid medication. Re-apply sunscreen every two hours or more often if sweating or after swimming. (ie. non-comedogenic sunscreens include: EltaMD UV Physical Broad-Spectrum SPF 41- lightly tinted, EltaMD UV Pure Broad-Spectrum SPF 47, EltaMD UV Sport Broad-Spectrum SPF 50). For your convenience we have these sunscreens for purchase at the front desk.
- 6) If you plan to wax any hair in the treatment area, please stop the topical retinoid one week prior to waxing as tolerated.

### Acne Facts:

It can take **2 - 3 months** before you will notice a considerable improvement. At first, your acne may even get worse before it gets better!

**BE PATIENT!** There is no 'quick fix'; using more acne medicine than instructed will only irritate your skin.

Please schedule and keep regular follow-up appointments with Dr. Robinson to a) monitor your acne for improvement, b) adjust your acne medication as necessary and c) perform any other acne treatments. **STOP USING IF YOU BECOME PREGNANT!**