

Topical Retinoids

Examples:

OTC Retinol

OTC Adapalene 0.1% (Differin)

Adapalene 0.3%

Tretinoin 0.025%

Tretinoin 0.05%

Tretinoin 0.1%

Tazarotene 0.05%

Tazarotene 0.1%

- Retinoids are vitamin A derivatives effective for acne, comedones (blackheads), dark spots, and fine wrinkles. Cosmetically, they help build collagen over time.
- APPLY a small, pea-sized amount to entire face and rub in completely.
- START twice weekly at night for a few weeks, then increase gradually to every other night, then nightly as tolerated. Goal is nightly use.
- Side effects include redness, irritation/flakiness (improves with time), sun sensitivity (more prone to sunburn and must wear sunscreen).
- Apply a non-comedogenic, oil-free moisturizer overtop to reduce irritation if needed.
 - Examples: Cetaphil, CeraVe, La Roche Posay Toleriane, Neutrogena HydroBoost, Neocutis Biocream
- Should NOT be used during pregnancy.

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