

Retinoid Instructions

- **Use at night only.**
- Pea-size amount to entire face.
- Start every 3rd night for two weeks, then every other night for two weeks, working up to every night.
- Wait 5 minutes then moisturize.
- Apply sunblock with zinc oxide in the morning.
- Expect possible peeling and pinkness, these are common side effects and should improve with continued use.
- Stop use 5-7 days prior to waxing. Advise your skin care specialist of retinoid use.
- Any questions call the office: (916) 456-0400.