



WESTCOUNTRY

PLASTIC SURGEONS
of Washington University

Optimal Skin Care Regimen

AM:

- 1. Wash with appropriate facial cleanser**
- 2. Tone / Oil Control if needed** (May be suggested based on skin type to correct or prep the skin for additional products. However this is not a must)
- 3. Apply 3-4 drops of vitamin c serum** (essential antioxidant)
- 4. Apply moisturizer as needed**
- 5. Apply Sunscreen** (A physical SPF will contain both zinc oxide and titanium dioxide protecting you from UVA & UVB rays on a daily basis. A protection factor of 15-30 is good for daily use. Remember that 80% of the suns damaging rays pass through clouds. Indoor lighting has also been shown to cause premature aging. Nickle size dollop for face)
- 6. Apply Make-up** (Makeup is not a substitute for sunscreen due to the fact you are not putting on the amount of protection needed)

PM:

- 1. Wash with appropriate facial cleanser**
 - 2. Tone / Oil Control if needed**
 - 3. Apply enough Retin-A(tretinoin) to lightly cover the entire face, about ¼ inch or 5 millimeter diameter** (If you are sensitive : Wait 15 to 20 minutes after cleansing, this will allow the skin to dry and may lead to less irritation)
- **Avoid Moisturizers when possible**

When using a [Pigment Manager](#) or other [Corrective Products](#) with **Retinoids**, use the product after step 3 in both cases, alternating in the evening with the retinoid.

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