



# WESTCOUNTRY

PLASTIC SURGEONS  
of Washington University

## MOST COMMONLY ASKED QUESTIONS WHEN USING RETINOIDS

(Tretinoin, Retin-A, Retinol )

**Q: My skin looks worse after 2-3 weeks of using creams. Is this normal?**

**A: Yes, your skin problems usually will appear worse during the first 6 weeks, especially acne spots and sun damage. This is temporary and is a part of the skin renewal process. Your skin will look much better when the old skin layers are exfoliated and replaced by new, healthy ones.**

**Q: My skin is red, dry and peeling. Am I allergic?**

**A: No, this type of reaction to the creams is not an allergy. These reactions are normal and indicate the efficacy of the creams on the skin. This is a part of the renewal process before building tolerance.**

**Q: After the eyelids, the most sensitive area is around the mouth. Why?**

**A: This is due to the frequent wetting around the mouth and excessive movement in that area. Use lotion, and/or Eye Cream for comfort if necessary.**

**Q: Should I use these creams forever?**

**A: Yes if you are interested in keeping your skin in good shape forever. By following the Maintenance Approach, sunscreens & approved cosmetics, you can keep your skin in its best condition indefinitely. With the occasional "Shock Treatment" application, you can keep your skin looking younger.**

**Q: Can I have activity in the sun while using?**

**A: Yes, if you use adequate sun block and reduce unnecessary prolonged sun exposure. Avoid the sun from 10am-2pm, wear protective clothing and reapply sun block every 60-90- minutes.**

**Q: Can I put make-up on while using these products?**

**A: Yes, use water based, oil-free make-up. The skin will still appear flaky if your skin is sensitive.**

**Q: Can I wax my lips or face?**

**A: Yes, but wax may strip the skin. Stop using Retinoids 4-5 days before warm waxing process.**

**Q: Can I use active ingredient products if I am or actively trying to become pregnant?**

**A: No, you should wait until after your pregnancy and completion of lactation to use Retinoids. You can use Cleanser and Toner during pregnancy & lactation.**

