

RETIN A CREAM

Retin A cream is one of the most effective medications in the use of acne and complexion problems. More recently it has gotten some publicity because of its effect on sun damaged skin.

Retin A is a very effective treatment for complexion problems, but it is important that you are aware of the proper way of using it. Normally Retin A is applied to the skin once per day at night. A small pea size amount is enough to cover the whole face. Small dabs from this pea size amount are applied and the cream is rubbed into the skin. Normally no cream should be applied over the Retin A. On the following morning your normal skin care routine can be followed.

Most people use Retin A without any problems. The only significant side effect is that it can produce redness and dryness. If your skin would become red, dry, or scaly, it will be necessary to decrease the frequency of application. In other words, you should skip the application on any given night when the skin is dry. Many people find they need to use the Retin A only two or three times per week. Other patients can use the Retin A once per day without any problems.

When Retin A is used to treat sun damaged or aged skin, it is used in the similar fashion. The strength of the Retin A cream is slowly increased as the skin is able to tolerate it. The changes expected with the continued use of Retin A are a subtle improvement in the fine wrinkling and a reduction in the pigment changes in the skin. It has not been proven, but Retin A may prevent sun induced growths and skin cancers. It may be necessary to use the Retin A for many years to gain these benefits.

If you are using Retin A for sun damaged and aged skin, it is important to use sunscreens regularly. Many patients find that the use of a moisturizer with a sun screen in it is the best approach since it can be used daily along with the Retin A. Purpose and Neutrogena are two types of moisturizers that contain sunscreens. In addition many of the cosmetic companies such as Clinique and Estee Lauder manufacture sun screen/moisturizer combinations.

If you have acne and/or complexion problems and are using Retin A, you can go out in the sun if you use caution. Since Retin A can dry your skin and the sun can dry your skin, the combination can be quite a problem in terms of developing redness and scaling. If you still have prolonged sun exposure such as on a vacation, please use a sunscreen on the first few days to make sure your skin does not get overly dry. If you have been on Retin A and your skin is not dry from it, cautious sun exposure can be undertaken without problems as long as the Retin A is applied at night.