

*If any of these symptoms seem excessive, contact the office.
 Office Phone Answered 24 hours daily*

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| 1. Foaming Gel® | <input checked="" type="checkbox"/> AM | <input checked="" type="checkbox"/> PM |
| 2. Toner® (no eyelids) | <input checked="" type="checkbox"/> AM | <input checked="" type="checkbox"/> PM |
| 3. Clear® | <input checked="" type="checkbox"/> AM | <input checked="" type="checkbox"/> PM |
| 4. Exfoderm Forte® | <input checked="" type="checkbox"/> AM | <input type="checkbox"/> PM |
| 5. Blender® ½ gm with; | | |
| <input type="checkbox"/> Tretinoin ½ gm every other day or less | <input type="checkbox"/> AM | <input checked="" type="checkbox"/> PM <i>Gradual Start</i> |
| <input type="checkbox"/> Tretinoin ½ gm daily | <input type="checkbox"/> AM | <input checked="" type="checkbox"/> PM <i>Standard Dose</i> |
| <input type="checkbox"/> Tretinoin 1 gm daily | <input type="checkbox"/> AM | <input checked="" type="checkbox"/> PM <i>Moderately Aggressive</i> |
| <input type="checkbox"/> Tretinoin ½ gm twice a day | <input checked="" type="checkbox"/> AM | <input checked="" type="checkbox"/> PM <i>Very Aggressive</i> |
| 6. Sunfader® | <input checked="" type="checkbox"/> AM | <input type="checkbox"/> PM |

- Stay out of the sun.
- You must get to the “standard” dose of tretinoin and stay there or higher for at least 3 months.
- Don’t scrub your face; the tretinoin makes your skin delicate.
- The tretinoin is the key to changing the intrinsic qualities of your skin. You may want to start with the gradual dose because it initially makes you peel.
- Control amount of Tretinoin (retin-A) if you peel too much or turn red.
- If you need to control itching, tightness and dryness ask for Tolereen® or Action®