

Tretinoin Gel 0.1%

(Retin-A)

Tretinoin gel (*or cream*) is a topical keratolytic gel, meaning it causes the skin to peel & slough off dead skin. It does so without burning and stinging the skin like AHA or BHA products do. Tretinoin Gel (*also referred to as Retin-A gel*) has a lot of reasons behind its use but it is more commonly used as a penetration enhancer to enhance the effects of skin bleaching creams or other topical creams. Using Tretinoin gel to exfoliate skin diminishes hyperpigmentation, evens skin tone, promotes skin cell turn over, fights acne, stimulates collagen production and removes fine lines/wrinkles.

:NOTE:

Do a patch test before regular use! Apply a small amount to your forearm and wait 24 hours. If there is no allergic reaction (**severe** swelling/pain/itching/redness) then you may resume regular use. **DO NOT** use this product if you have known allergies to Retin-A/Tretinoin products.

:WARNING:

DO NOT underestimate this product. Retin-A Gel 0.1% makes skin peel & slough off **VERY** well with just **one application**. You will see large areas of skin flaking & peeling just a few days after your first application. **Applying this product more than directed will cause extreme itching**. Your skin will still be intact & won't even be red but it will be very

itchy and you will want to scratch until your skin becomes red. So please do not attempt to apply this product on a daily when you start using it. **DO NOT mix Tretinoin gel with AHA/BHA peels or products. DO NOT use this cream on the same days as having used an AHA/BHA product or peel. This will itch & irritate your skin VERY badly. ALWAYS wear sunscreen when outside.**

HOW TO USE:

Tretinoin gel is best suited for use on your **face**, it will causing too much itching if applied anywhere from the neck down. Apply a thin layer of tretinoin gel all over your face, including the bottom of your chin and your ears. Do not apply it to your neck. You may feel a little sting and warmth, but this soon subsides. Gently rub the tretinoin gel into your face ears and chin until it absorbs. You only need to apply tretinoin gel 0.1% once a week. Give it at least 3 days before you apply it again. Your skin should start peeling by then. Some peoples skin may have more dead skin {or other issues} than others and may not peel profusely after just one application of tretinoin gel 0.1%. If this is the case, you can apply tretinoin gel again on the 4th day. Do not apply tretinoin gel more than **THREE times a week** on your face and various sensitive areas including: *genitals, butt crack, underneath breast, nipples, in between thighs*. It varies for lower extremities being that the skin is thicker and has more layers of dead skin. You can apply it more often on those tougher areas like your *elbows, knees and feet*. You can experiment with your own skin, but **THREE** times a week is enough for your face and the other

sensitive areas mentioned before. If you have pimples or a few recent acne bumps, you may the urge to apply this gel more than once a week. If you simply **MUST**, we advise that you only “spot cover”. Meaning, one dab/dot directly to the pimple avoiding the surrounding skin. **DO NOT** start out applying Tretinoin Gel frequently, please give this product a chance to start working on your imperfections first. **After initial use, you may seriously think everything is fine because you’ve seen no peeling yet, and your skin feels fine with no itching at all. So you might go ahead & apply this gel again and again. Until 3-4 days of continuous application have occurred. Then, bam! All of a sudden your skin will start itching like crazy. The itching will go on for about a week and a half until all of the over-treated dead skin peels away. You have been warned.** Remember, One tube goes a long way if used with the above regimen.

TIPS:

Overall: Your skin may itch **a little bit** while using Tretinoin gel. This is normal, where ever it itches is where the skin is flaking off at or getting ready to flake & peel. A good way to help the skin come off is gentle “Dry Brushing” with a sisal body brush. Dry brushing has many benefits for skin but in this case you’re just helping the skin flakes off. Dry brushing will also diminish itching, this would be the proper method for scratching your skin, using your nails will just bruise & tear up your skin. The **VERY** best way to remove the peeling flaking skin is when you bathe or shower.

Face: You will have skin peeling on your face and of course you don’t want this to be seen while out in

public. Don't pick at it! You may accidentally scratch & bruise your skin. To resolve this issue, just apply facial/skin moisturizer OR Wash your face first. Use an exfoliating facial sponge to gently scrub your skin in a circular motion. Rinse, and apply your moisturizer. This will get rid of those loose flakes until your entire face has slough off the rest of the dead skin.

Bathing/Showering: When in the shower be careful not to use a very hard brush or scrubber. Understand that your skin may look intact OR may seem to only be peeling a little, but after soaking in water it reveals more loose peeling skin than you thought you had. Underneath is new skin (not raw) that is thinner and more sensitive to abrasion. So, DO NOT start aggressively scrubbing your skin as soon as you get in the shower or bath. Let the water run and soak so the "unknown" exfoliated dead skin can pucker and reveal itself. When you do scrub from now on, you can use a soft body brush to clean & scrub away the dead skin. That's one of the advantages of using Tretinoin gel, not having to work as hard to exfoliate dead skin.