

Bruce P. Robinson MD  
Rebecca Tamez MD  
Diplomats American Academy of Dermatology  
121 East 60<sup>th</sup> street, second Floor  
New York, New York 10022  
[www.BruceRobinsonMD.com](http://www.BruceRobinsonMD.com)  
(212) 7507121

### **How To Apply Retin-A/Tazorac/Differin/Ziana**

- 1) Wash face and let dry for 15-20 minutes. If you apply Retin-A to a wet face you may experience stinging and burning.
- 2) Apply only a "pea size" amount to the entire face. Avoid the eyes and lips.
- 3) You may experience mild redness and scaling of your face. You may use a non-comedogenic moisturizer.
- 4) Your face should **not** become beefy red and hurt. If this occurs skip a few days of your acne medicine and call Dr. Robinson.
- 5) Retin-A can make your skin more sensitive to the sun. Therefore tanning salons or sun lamps are **not** allowed. A non-comedogenic sunscreen (SPF 15 or greater) should **always** be worn when going out in the sun (ie. EltaMD Physical Broad Spectrum SPF 41-lightly tinted, EltaMD UV Pure Broad spectrum SPF47, EltaMD UV Sport Broad Spectrum SPF 50).

### **Acne Facts:**

- 6) It can take **six to eight** weeks before you will notice a considerable improvement. At first, your acne may even get worse before it gets better!
- 7) **BE PATIENT!** There is no 'quick fix'; using more acne medicine than instructed will only irritate your skin.
- 8) Dr. Robinson will see you periodically to *a)* monitor your acne for improvement, *b)* adjust your acne medicines as necessary and *c)* perform any necessary acne treatments.