

Topical Retinoids

THE ART & SCIENCE OF Precision AT
**THE WALDORF CENTER
FOR PLASTIC SURGERY**

AESTHETICIANS ARE AVAILABLE
MONDAY THROUGH SATURDAY
FROM 9 AM TO 5 PM.

EXTENDED HOURS ARE
AVAILABLE TUESDAY,
WEDNESDAY AND THURSDAY
UNTIL 7 PM.

PLEASE CALL THE OFFICE TO
SET UP A COMPLIMENTARY
SKIN EVALUATION.

503.646.0101 or
800.310.7901

*Each prescription strength is
available in cream or gel.*

*Retinoids can be used
in conjunction with most
skin care programs.*

*Physician consultation
is required prior to
dispensing.*

WHAT ARE TOPICAL RETINOIDS?

Retinoids are Vitamin A derivatives that have the potential of reversing sun damage and other age-related changes in the skin. **Tretinoin** is a prescription form of topical Vitamin A. **Retinol** is a nonprescription form. Some retinol-containing products are more active than others. Some retinoid imitators are found in over the counter products and cosmetics and may not be effective in skin rejuvenation.

With all the products available, it is best to allow your doctor and skin specialist to advise you on product choices. When retinoids are used consistently and appropriately, maximum improvement can be obtained with most skin types.



HOW DO RETINOIDS WORK? WHAT WILL THEY DO FOR ME?

Retinoids stimulate exfoliation of dull-looking skin cells by accelerating skin cell turnover time from the standard 30-35 days to 5-6 days.

Retinoids repair DNA damage gradually in the epidermal (skin) cells as well as repair the deeper dermal collagen and small blood vessels. This process effectively tightens skin, diminishes wrinkles, lightens discoloration, and repairs sun damage.

Retinoids actually shrink oil glands, resulting in reduced pore size, diminished scars and generally tightened skin.

Retinoids build up the infrastructure of the skin by stimulating new collagen deposition and a thicker plumper epidermis.

As a result of these actions, retinoids give skin a younger feel and appearance, as well as a healthy glow.

THE WALDORF CENTER FOR PLASTIC SURGERY

9775 SW WILSHIRE ST., SUITE 200, PORTLAND, OR 97225 503.646.0101 OR 800.310.7901

www.waldorfcenter.com

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HOW TO USE RETINOIDS

For topical retinoids to be effective, they must be used consistently on a long-term basis. To obtain maximum benefit, use retinoids in the evenings as these compounds are easily inactivated by light.

After gentle cleansing with a mild cleanser, apply a small amount to the entire face, initially avoiding the eye and neck areas. For the first week or two, use the product every other night, then gradually increase frequency, as tolerated, to every night.

Do not be in a hurry. It may take some skin types several weeks to adjust to the product.

Expect your skin to peel initially. This is a desired effect, as the dull, sun-damaged skin cells are being shed and new younger cells are being produced. You may use a mild exfoliant, preferably an enzyme mask or SOFT face cloth, followed by a gentle moisturizer when needed to help shed the peeling skin. Avoid the use of astringents or strong toners to prevent over drying.

Of note, other cosmeceuticals and nutraceuticals (i.e. glycolic acid, lactic acid, Vitamins C and other antioxidants) can and should be used to augment the effect of retinoids. It is generally best to gradually introduce one new product at time, and to consult your skin care specialist before adding a new compound to your regimen.

Although retinoids may not be for everyone, with guidance, a formula can be found that is suitable for most skin types, including sensitive skin.

RETURN POLICY

All sales are final and payment is due at the time of purchase. These medical grade products are to be dispensed under the direct supervision of a licensed aesthetician and physician.

IMPORTANT INFORMATION

During the initial exfoliation with retinoids, it is imperative to consistently wear a broad-spectrum sunscreen daily.

Multiple studies have confirmed that if sunscreen is worn daily, the retinoid will prevent future damage as well as repair damage already present, even while you are in the sun.

If side effects such as burning, stinging, severe redness or a mild rash occur, discontinue retinoid use and apply a bland moisturizer or mild hydrocortisone cream or lotion as needed. Continue use of retinoid when your symptoms are improved.

SPA TREATMENT AND RETINOID USE

Be sure to STOP using your retinoid products BEFORE your treatments as specified:

Laser	14 days
Waxing/Hair Removal	7 days
Micropeel Plus	7 days
Microdermabrasion	5 days
Micropeels	3 days

AFTER your treatment, you should wait 3-10 days before restarting the use of your retinoid. Your provider will help verify the appropriate time frame based on your situation.

Please, feel free to contact any of our aestheticians with questions.

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