

Tretinoin is generic Retin-A and comes in 3 strengths: 0.025% (low), 0.05% (medium), 0.1% (high)

We typically recommend cream over gel as it is better to tolerate

Instructions for Use:

- Place a pea sized amount only on the palm of your washed hands. From the pea sized amount dab this onto the face and rub in. This can be done either after moisturizer (if your skin is sensitive) or before moisturizer.
 - Start with a low frequency, meaning twice per week at night. (Ex. Mon and Thurs)
After 3-4 weeks, you can build up to every other night and then nightly if your skin can tolerate it. If you peel, skip a day or two.
If your skin is very sensitive, try a retinoid like product called Bukochiol. Sephora (Inkey List, \$11) which is gentler on the skin
 - **DO NOT USE ANY OF THESE IF PREGNANT OR TRYING TO GET PREGNANT.**
 - Tretinoin and Differin are Class C (meaning animal studies have shown a possible adverse effect, but no human studies to show safety).
 - Tazarotene is pregnancy class X (shows fetal abnormalities)
 - Bukochiol: no human studies, so no category but would avoid during pregnancy
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Hydroquinone is a bleaching agent

Use at night to the pigmented spots:

Begin only after 3-4 weeks of tretinoin use as tretinoin increases cell turnover AND then Hydroquinone can be added, which will allow for better penetration into the skin.

With Hydroquinone you must take "holidays" meaning use it for 2 months and then stop for 2 weeks. This is the safest way to minimize the risk of Ochronosis, (darkening of pigment).

Ochronosis is extremely rare, but to minimize the risk further, give the product a "holiday" or break from usage after 2 months.

In the literature, oral hydroquinone (by mouth) at high doses caused cancer in mice. There are no human studies proving this with topical application.

Because hydroquinone can make the skin more sensitive to sun, it is important to sun protect the skin to minimize the risk of skin cancer