**Advice for use of retinol/tretinoin/retinaldehyde**

Dr, Firas has prescribed or suggested you to use one of the above products. These can cause some irritation and the advice below is on how to use them in a correct way:

1) After cleansing at night, allow your skin to dry for 20-30 minutes then apply a small amount (pea-sized) to the entire face or the designated treated area.

2) Start slowly with 2 to 3 nights per week and gradually increase to nightly as tolerated.

3) Initially limit the use to an hour or 2 then wash off if irritation occurs then gradually leave on longer for overnight and wash off in the morning.

4) If irritation, redness or peeling occurs then decrease the usage frequency and apply a moisturizing cream suitable for sensitive skin such as La-Roche-Posay Toleriane Ultra serum.

5) Minimal peeling can be expected and usually settles after few weeks.