

## Guidelines For Retin-A Usage

What is Retin-A? Retin-A is a FDA pregnancy category C endorsed medication which is primarily known for its effectiveness to deal with acne. It is a derivative of Vitamin A, which works of the mechanism of unplugging the acne follicles and pushing them on the surface of the skin. This is one reason you may feel that your acne is worsening in the initial phase of usage, but in actuality it is getting treated. Retin-A is to be applied every night before going to bed. Initially, Retin-A is suggested to be applied every third or alternate night. When your skin gradually adjusts to the medication, the frequency can be increased. A doctor is an ideal person to educate you upon the ideal usage directions for Retin-A. Few appropriate usage directions for Retin-A are as follows:- Cleanse the acne affected area with a mild scrub or rough wash cloth, so that the flaking on the affected area is removed. - A thin coat of Retin-A medication should be applied on the cleansed area evenly. Rub in until the medication is absorbed into the skin. - Next morning cleanse your face with mild scrub so that noticeable flaking is removed. - Apply a light moisturizer to replenish your skin, as usage of Retin-A may source dryness. Preferably your moisturizer should constitute SPF (Sun Protection Factor). - Do not use abrasive soaps or cleansers as it may damage your skin. - Use appropriate sun-protection such as protective clothing or high SPF sun blocks. The reason being usage of Retin-A makes your skin sensitive to sunlight. - Women planning pregnancy, expectant women, nursing mothers should not use Retin-A without medical guidance. - While application of Retin-A, do not touch your eyes, mouth or mucous membranes. It is to be noted that over indulgence in the usage of Retin-A would not source any benefits rather it can be detrimental for your skin. Retin-A is strictly meant for external usage. It should be shelved at room temperature, away from the reach of children.

## About the Author

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