

**Cosmetic & Laser Surgery**  
**INSTITUTE**

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## Creams Instructions:

This creams program is intended to be used twice daily for 3-6 months.

1. **YS One** (cleanser)  
Wet face, lather with YS One, rinse and pat dry. This can be done in the shower.
2. **Dermfresh** (Toner)  
Apply Dermfresh with a cotton pad or fingertips. Allow to dry.
3. **Obaji Clear** (Skin Lightening Lotion)  
Apply enough cream to cover entire face, pea size dollop.
4. **Morning (a.m.): Obaji Clear with SUNSCREEN** combine a pea-sized drop of Obaji Clear with pea-sized drop of sunscreen SPF 30 or higher. If you will be in the sun, it is important to apply sunblock throughout the day.  
**Evening (p.m.): Obaji Clear with RETIN-A** (Tretinoin) By combining Evanes and Retin-A at night, you are effectively diluting the prescription Retin-A to a dose that is tolerable for your skin.

Sensitivity: Use and reaction to Retin-A differs from person to person. Your reaction to Retin-A is completely controllable. Some people can use a large portion (equivalent to 5 pea-sized drops) and their skin appears only slightly pink, while other people use less (one pea-sized drop) and react with red, peely, burny, itchy, and stinging skin. Note: The most sensitive areas on the face to Retin-A are around the mouth, nose and eyes, especially in the creases. The neck and chest can also be sensitive.

Starting: The best way to start Retin-A is conservatively for at least one week, then slowly increase the quantity every few days until skin is evenly pink and mildly dry/peely. You can choose to use a “light” approach, allowing only pinkness with barely noticeable reaction. You can also choose an aggressive approach maintaining pink and peely skin to see your dyspigmentation and wrinkles fade more rapidly.

NOTE: It takes several days for your skin to “catch up” so if you apply too much Retin-A today your skin will take a day or two to see redness or peeling. As a result, it is important to wait several days before considering increasing the quantity of Retin-A you apply.

Applying: Combining Retin-A and Obaji Clear in the palm of your hand applying to your forehead, the sides of your cheeks first, then blend the extra cream forward towards the middle/front of your face, where the skin is more sensitive. If there is more reaction around the eye, nose, or mouth you can dilute the remaining Retin-A in your palm with a moisture cream and apply in peely/red areas.

5. **Dermsol** (Moisturizer)  
Apply moisturizer to your entire face as needed during the day and night. Dermsol has soothing agents that help your skin better tolerate the Retin-A

*As always, if you have any questions or concerns while using the skin care program, please do not hesitate to call the office.*