

Anti-Aging Recommendations

Aging is unfortunately a fact of life, but a variety of products and procedures can help you continue to look your best.

- ❖ Sunscreen is an absolute must as well as a product that contains tretinoin.
- ❖ In addition, a variety of product lines containing antioxidants, bleaching ingredients, and acids can be added.
- ❖ In general, a morning lotion or cream containing antioxidants or acids with an evening cream containing tretinoin.
- ❖ Cleansers that contain antioxidants and acids may be purchased. Over the counter gentle cleansers are also fine.
- ❖ Sunscreen should always complete the morning regimen.
- ❖ Morning and evening products should not be switched or mixed because they may inactivate each other.

Note: prescription creams containing tretinoin are often considered “cosmetic” and may not be covered by your insurance plan. Over the counter products containing less concentrated tretinoin or retinol may be substituted for the PM prescription cream, but results may vary.

Recommended Cleansers:

- ❖ Neutrogena Fresh Foaming Face Cleanser
- ❖ Cetaphil Daily Cleanser
- ❖ Dove Soap
- ❖ Olay Daily Facials Cleansing Cloths
- ❖ Purpose Gentle Cleansing Wash
- ❖ Obagi Foaming Gel and Toner (Step 1 and 2)

Recommended Moisturizers:

- ❖ Olay Complete Daily Moisturizer SPF 30
- ❖ Neutrogena Healthy Defense SPF 30
- ❖ Eucerin Extra Protective Moisture Lotion SPF 30
- ❖ Cetaphil Facial Moisturizer SPF 30

Note: a heavier moisturizer in a “cream” may be used at night for drier skin-look for some of the “night creams” or “repair creams”.

Be sure to apply them AFTER the prescription products and be sure they do NOT contain any ACIDS which may interfere with the tretinoin.

Recommended Eye Creams: (all available through the internet and dispensing doctor’s offices)

- ❖ Kinerase eye cream
- ❖ Teamine eye complex

- ❖ MD Forte eye cream

For More Aggressive Treatment:

- ❖ Botox is used to soften crow's feet around eyes and frown lines on forehead.
- ❖ Restylane is used to fill in deeper wrinkles around the mouth.
- ❖ Chemical peels and microdermabrasion can help improve the texture of skin, signs of aging and sun damage when used in conjunction with prescription topical medication.

Remember...

- ❖ Use only one pea-sized amount of prescription cream over entire face.
- ❖ Make sure your face is completely dry before applying medication.

- ❖ Start slowly with prescription creams every other day and build up to daily use.
- ❖ If your skin feels too dry or is peeling from the prescription creams, apply more moisturizer or use less prescription cream rather than stop the medication.
- ❖ Make sure your makeup/moisturizers are non-acnegenic or non-comedogenic.
- ❖ It can take several months to see results, so continue to use medication as prescribed until your next appointment.