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# NMLondon Aesthetics

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## OBAGI Retinol/Tretinoin preparations

Range of products: Increasing potency as we move down the list

Retinol 1%

\*Tretinoin 0.025%

\*Tretinoin 0.05%

\*Tretinoin 0.1%

\* These products are only available on prescription

In most cases amount required will cover the tip of you finger. Use at night time - before bed

## EVENING

1. Cleanser - wash face and rinse
2. Obagi Retinol/Tretinoin – apply pea size amount all over face. Start with once a week – then after a couple of weeks increase to 2 times a week. Eventually increasing up to 4-6 times a week.
3. Moisturise

4. If you prefer – you can mix a pea size amount of the retinol/tretinoin preparation into your night cream and apply onto the face

#### FAQs:

What to expect? When you first start to use it – your skin may feel dry and flake a little. This shows that the preparation is active and working. As you skin gets accustomed to it – you can increase the frequency from once a week – upto 2 or 3 times a week and then eventually aiming of 4-6 times a week.

#### How long will it last?

These preparations typically last 3-5 months as you use it sparingly.

#### Sun screen:

It is important to use sun screen in the day as it will make your skin more sun sensitive.

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