



## **New You Medical Retin-A Protocols**

### **To Prevent the so-called “Ozempic Face” - New You Medical Anti-Aging Skin Package**

Included in this package are three products that work together to support your weight loss and overall health goals. Semaglutide is the main weight loss medication, Bioboost Injections boost metabolism, accelerate fat utilization, enhance energy, improve cognitive function, protect liver function, and strengthen immunity.

**Additionally, we have included an anti-aging Retin-A Complex, a prescription-grade anti-aging agent for the skin.**

### **What is Retinol, Retinoids and Prescription-grade Retinoids?**

Retinoids are a group of skincare ingredients derived from vitamin A, and they are known for their effective anti-aging properties. Retinoids can help to:

- Speed up cellular turn over
- Speed up the natural exfoliation process of the skin
- Boost the production of collagen, a protein that gives the skin its firmness and elasticity
- Treat acne and reduce the appearance of acne scars
- Diminish fine lines and wrinkles
- Shrink pores and improve the texture and tone of the skin
- Partially reverse damage caused by sun exposure, free radicals and pigmentation.

Retinoids have a few varieties. Some retinoids, like Retinol, are available over-the-counter and are milder on the skin, causing fewer side effects. However, their effectiveness is limited compared to medical grade retinoids.

Retin-A, a prescription grade retinoid, is the most potent form of retinoids available. It offers the highest strength of anti-aging and cellular recovery properties. New You Medical’s Retin-A Complex combines prescription grade retinoic acid with anti-aging NAD+ and the strong anti-pigmentation agent Azelaic acid. Due to its high regenerative power, Retin-A may cause side effects such as skin irritation, dryness, and excessive exfoliation. Usually, these side effects resolve over time as your skin gets accustomed to the product.

Here are some tips to help you use NYM Retin-A Complex effectively and safely:



1. Use NYM Retin-A Complex only at night before you go to bed to avoid exposure to light. When you first use it, start with every 3rd night for 2 weeks, then use every other night for 2 weeks. If you tolerate it well, try using it every night.
2. Avoid using any skin irritating products, such as peeling gels, facial scrubs, or acids while using NYM Retin-A Complex. Switch to a mild and hydrating facial cleanser.
3. Use a thicker and richer moisturizer at night. Apply Vaseline to any dry areas. Wait until your skin is completely dry, and then apply a pea-sized amount of NYM Retin-A Complex in a thin layer to your face, chin, and neck.
4. Watch your skin closely to see if you can tolerate NYM Retin-A Complex. If you experience excessive exfoliating, dryness, or redness, stop using it for a couple of days. Then, use more moisturizer, including Vaseline, before applying NYM Retin-A Complex again.
5. For skin peeling, avoid using acids, harsh scrubs, or peeling gels. Apply plenty of moisturizer and Vaseline and let the dead surface cells fall off on their own without damaging the newly generated skin layer.
6. Remember that "Retinol Peeling" means that NYM Retin-A Complex is rapidly regenerating your skin cells, pushing out the dead cells, and vigorously doing its work of anti-aging. Be patient until your skin adjusts to the new cellular cycles.
7. Never forget to apply sunscreen during the day and drink plenty of water to keep your skin hydrated.

Always consult with your healthcare provider before starting any new skincare product. If you have any questions or concerns, don't hesitate to reach out to us at New You Medical.