

Let's Retinize. **To MAXIMIZE**



Step 1 **CLEANSE**

- Clean face morning & night
- Use gentle cleanser (e.g., Cetaphil® Gentle Skin Cleanser)
- Pat dry with soft towel





Step 2 **MEDICATE**

- Apply prescribed retinoid at night
- Start slowly: mix with moisturiser (e.g., Cetaphil® Moisturising Lotion or Cetaphil® Moisturising Cream) first
- Avoid eyes, lips, nasal folds

WEEK 1 - 2 Mix →  1x Pea-sized Retinoid +  3x Pea-sized Moisturiser
↻ Apply Every 3rd night

WEEK 3 - 4 Mix →  1x Pea-sized Retinoid +  2x Pea-sized Moisturiser
↻ Apply Every 2nd night

WEEK 5 - 6 Mix →  1x Pea-sized Retinoid +  1x Pea-sized Moisturiser
↻ If tolerated, nightly (or stay every 2nd night if irritation occurs)



Step 3 **MORNING CARE**

- No retinoids in morning
- Wash, moisturise, always finish with sunscreen



Stay consistent for months **TIPS TO MAXIMIZE**

- Start low, go slow
- Always at night with moisturiser
- Mild dryness/redness is common – improves over time
- Keep moisturising
- If discomfort persists, see your dermatologist
- Never skip sunscreen

For educational purposes only. Consult a licensed healthcare professional for personalised medical advice.