KNOWLEDGE CARDS - SERIES I

CARD 02

Courier Pharmacy
Treatment that fits you

Tretinoin Cream

0.01 - 0.1%. Applied at night, built up slowly

UNLICENSED MEDICINE, PRESCRIPTION-ONLY

What is it and what is it for?

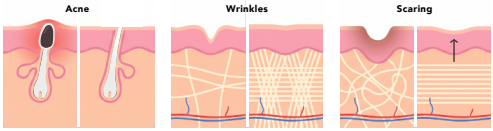
- The active form of vitamin A, a retinoid. It resets how skin cells grow and shed, keeping pores clear and, over months, helping skin rebuild collagen.
- Used for blackheads, spots and acne, dark marks left by spots, rough texture, sun spots and fine lines. Shallow scars may soften; deep scars need a clinic.

This knowledge card is a summary, and not your Patient Information Leaflet. Read the PIL supplied with your medicine, and speak to us before changing anything.



FOLLOW US ON TIKTOK

01 How it works - a faster skin reset



FASTER SHEDDING, UNCLOGS PORES - BOOSTS COLLAGEN - FADES UNEVEN PIGMENT

02 What it helps, and when



SETTLING IN, FIRST 4-6 WEEKS

03 How to use it - build up slowly





1 PEA, 5 DOTS

- Pea-sized for the whole face, at night.
- Moisturise before and after applying (sandwich method).
- Wash, pat dry, wait 20-30 minutes.
- Use SPF 30+ every morning, even when overcast.

04 Side effects and purge



- Dryness, flaking, redness, or mild stinging
- A brief flare where you usually break out, settling in 4-8 weeks.

IMPORTANT

- ✕ Not for pregnancy, trying to conceive or breastfeeding.
- ✕ No sunbeds, and no waxing on treated skin.
- ✕ No other retinoids, acids or scrubs unless agreed by prescriber.

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