



## ReTrieve® CREAM INFORMATION

### What is ReTrieve® Cream?

ReTrieve® is used to rejuvenate sun-damaged skin. It improves overall skin texture, fine lines, wrinkles and pigmentation. It contains tretinoin which is the acid form of Vitamin A. It works by regulating the growth and regeneration of the outer layer of the skin. It is an excellent anti-ageing product if used long term in combination with SPF 50+ sunscreen.

ReTrieve® cream is a prescription only topical medication and may only be used under doctors' advice.

### Contraindications

- Must not use during pregnancy or breast feeding
- Do not use on sunburned skin or on open, irritated skin
- Do not use if taking Roaccutane® (acne medication)

### How to use ReTrieve® cream

#### First 2 weeks

- Apply every 2<sup>nd</sup> night
- Apply a very thin layer to whole face avoiding sensitive areas
- Use a gentle moisturiser over the top (e.g. LA ROCHE-POSAY Toleriane moisturiser)
- On alternate night apply moisturiser only
- Always use SPF 50+ in the morning

#### Week 3-4

- Try applying every night then use a gentle moisturiser over the top, if the skin gets too dry, red or irritated stop for a few days until the skin is back to normal and go back to every 2<sup>nd</sup> night
- Some people tolerate ReTrieve® very well and others take a little longer for their skin to build up a tolerance
- Persistence is key! Very few people can't use this product and if you persist the results will be excellent
- Use ongoing to achieve maximum results

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