



Rejuvenation Basics

In order for skin to look its best, it must be well hydrated and protected from the sun. A **good moisturizer** and **broad-spectrum sunscreen** are the most basic components of a rejuvenation regimen. To this core regimen, we would suggest adding a **retinoid** or **retinol**, as long as your skin can tolerate it. Some people with sensitive skin types experience excessive irritation from retinoids. Over time, retinoids are proven to stimulate collagen production resulting in smoother skin texture, to open plugged pores, and to lighten dark spots resulting in a more even skin tone.

At Dawes Fretzin Dermatology Group (DFDG), we have selected the following products to meet these needs:

Skin Type:	Oily	Normal	Dry/ sensitive
Cleanser (AM, PM)	SkinMedica AHA/BHA Exfoliating Cleanser, Glyderm Gentle Cleanser, Cetaphil oil control	SkinMedica AHA/BHA Exfoliating Cleanser, Glyderm Gentle Cleanser	CeraVe Hydrating Cleanser, Cetaphil Gentle Cleanser, Anti-Rougeur Cleanser
Moisturizer (PM)	CeraVe lotion, Cetaphil oil control	CeraVe lotion, Avene Tolerance Cream, SkinMedica TNS Ceramide Treatment Cream	CeraVe Cream, Avene Tolerance Cream, SkinMedica TNS Ceramide Treatment Cream
Retinoid (PM)*	Retinol 1.0 Retinol 0.5	Retinol 1.0 Retinol 0.5 Renova	Retinol 0.25 Renova
Sunscreen (AM)	Elta Clear SPF 46	Elta Daily SPF 40 Elta Clear SPF 46	CeraVe AM SPF 30 Elta Daily SPF 40

* A few tips for retinoid/ retinol use to minimize irritation and maximize results:

- Apply only a pea-sized amount (or one pump) for the entire face
- A moisturizer may be applied beforehand, ideally immediately after washing
- If sensitive, start every other night, then increase frequency as tolerated
- If especially sensitive, wait at least 10-15 minutes after washing before applying

Some may be looking for products to boost their regimen beyond what is mentioned above. Such products may include **anti-oxidants** for countering damage from sun and other environmental factors, **growth factors** that stimulate your skin's own regenerative pathways, and other **targeted therapies** aimed at problems specific to you. The team at DFDG likes the following products for such patients:



Function:	Products:
<u>Growth factors</u>	NeoCutis Bio-Serum SkinMedica TNS Recovery Complex SkinMedica TNS Essential Serum (growth factor + anti-oxidants)
<u>Anti-oxidants</u>	SkinMedica TNS Essential Serum (growth factor + anti-oxidants) Skin Medica Vitamin C&E (normal to sensitive)
<u>Targeted therapies:</u>	
Under-eye rejuvenation	NeoCutis Lumiere Riche (growth factor, most hydrating option) LeMieux Eye Wrinkle Corrector SkinMedica Eye Repair
Dark age spots	Tri-Luma (prescription/ consult required) Glytone Enhance Brightening Complex
Small, fine eyelashes	Latisse (prescription/ consult required)
Poor skin elasticity	NeoCutis Micro Firm (neck & décolleté) NeoCutis Micro Serum
Excessive redness	SkinMedica Redness Relief CalmPlex (most hydrating option) Avene Anti-Rougeur Cleanser Dermo-Cleansing Milk Avene Tolerance Cream
Large pores	SkinMedica Retinol 1.0, 0.5, 0.25 Renova GLO Glycolic 10% Cream
Shine control	OC8 Mattifying Gel

For more specific recommendations or answers to specific questions, please schedule an appointment with one of our board-certified dermatologists or licensed estheticians. Other treatments are also available through our office including lasers, fillers, Botox or similar treatments, micro needling, and chemical peels. Our front desk staff would be happy to answer any questions about scheduling appointments or purchasing these products.

Thank you for choosing DFDG to help you take care of your skin and keep it looking its best!

For questions, please call us 317-516-5000