



FACIAL CARE

Be sure to do the basics of skin care every day: eat a healthy **diet** including fruits, vegetables, and protein. Drink plenty of water each day to keep your skin well-hydrated. Consider a multivitamin with **anti-oxidants** daily. **Exercise** daily as well.

Apply a **sunscreen** moisturizing lotion every morning (SPF-30) and a moisturizer each night.

Exfoliate your skin about once weekly using a loofa, Buff-Puff, or facial scrub cleanser. Be sure to moisturize well after this.

- Treating hyperpigmentation: use your hydroquinone lotion (Lustra, Glyquin, Obagi Clear, etc.) every morning and nightly. It will be slightly irritating when you first start, so mix it with your regular moisturizer. Use about a pea-size of each and mix in your palm before applying to your face, upper chest, and back of your hands. Use for up to 4 months, and then take a break.
- Retin A: This can be very irritating as you start. You will build-up a tolerance to these side effects after about 3 months of using it, but let's start gently. Retin-A is applied only at bedtime. Start with 2x per week (like Monday and Thursday nights). You will have some redness, irritation, and some peeling as the top layers of old skin are pushed off. This side effect should diminish after about 3 weeks. Then advance to 3 times per week (Tuesday, Thursday, Saturday). Again, the side effects will be noticeable. After about 3 more weeks, advance to every night.

Application: place equal amounts of Retin A cream, your hydroquinone lotion, and a moisturizer in the palm of your hand and mix together (use about a pea-size of each). Apply all over your face and massage in to skin. Use the excess on your neck, upper chest, and back of your hands.

If it's too irritating then add 2% hydrocortisone cream to irritated areas in the morning.

Call us with any questions or problems. We want you to look and feel your best every day!

www.DrDanielWestawski.com

919 Conestoga Rd, Bldg 2, Suite 208 | Rosemont, PA 19010 | T 610.527.4050 | F 610.527.4054
1245 Highland Ave, Suite G-05 | Abington, PA 19001 | T 215.517.5360