

## The Retinol Ramp Up

Thank you for choosing Pūr Skin Clinic for your skincare needs. To ensure you achieve the best results from your retinol treatment, please follow these post-care guidelines carefully:

### Why Retinol?

Retinol, a derivative of vitamin A, is a proven powerhouse for skincare. It helps to:

- Combat acne
- Boost cell turnover
- Stimulate collagen growth
- Diminish pigmentation
- Neutralize free radicals
- Protect against certain skin cancers

While incredibly effective, retinol comes with an adjustment period known as "retinization," which may cause redness and flaking. Proper care can minimize these effects and help even the most sensitive skin build tolerance.

### Post-Treatment Care Tips:

1. **Cleanse Gently:**  
Use a mild, non-exfoliating cleanser with lukewarm water. Avoid scrubbing or using harsh cleansing tools.
2. **Moisturize:**  
Apply a hydrating moisturizer to minimize dryness and flaking. Look for products with soothing ingredients like ceramides or hyaluronic acid.
3. **Sun Protection:**  
Always apply broad-spectrum sunscreen with at least SPF 30 during the day, even indoors. Reapply every 2 hours if exposed to sunlight.
4. **Minimize Product Mixing:**  
Do not mix other products with retinol unless approved by your provider, as this can increase irritation or deactivate the retinol.
5. **Gradual Application:**
  - a. **Week 1-2:** Apply a pea-sized amount every third night to clean, dry skin. Avoid the corners of the mouth, nostrils, and eyes.
  - b. **Week 3:** Increase usage to every other night if tolerated.
  - c. **Week 4:** Progress to nightly use as your skin adjusts.

REFINE THE TRUE YOU

**What to Avoid:**

- Direct sun exposure — wear protective clothing and wide-brimmed hats when outdoors.
- Harsh or exfoliating skincare treatments, including chemical peels or microdermabrasion.
- Waxing, threading, or laser treatments on the treated area.
- High heat environments like saunas or intense exercise for 48 hours.

**Morning Routine:**

- Cleanse with a gentle, chemical-exfoliating cleanser.
- Apply a barrier-replenishing moisturizer.
- Finish with medical-grade sun protection.

**Contact Us:**

If you have any questions or concerns, please contact us at your preferred clinic location.