

Should be used under the advice of a Doctor.

Information & guidelines provided here are to help you get better results.

A-RET[®] & ACNE

A-RET CONTAINS TRETINOIN IN GEL

When used under medical supervision, Tretinoin is regarded to be the most effective comedolytic agent.

Tretinoin unplugs acne follicles and brings acne pimples (comedones) to the surface. This is why acne looks worse in the first few weeks of treatment with Tretinoin.

The gels are preferred for oily skin.

A-Ret Gel should be used strictly under guidance of your Doctor.

Wash face with a mild soap (Acnelak Soap/Papulex Cleansing Gel), pat dry with a towel. Let face dry for 10 to 15 minutes before applying A-Ret Gel. Gently squeeze a pea size amount of the gel on your clean fingertip and spread it mildly on the affected area each night before retiring. Excess amount of gel must not be used. Do not let medication enter into your eyes.

Tretinoin makes the skin more sensitive to sunlight and can cause dryness, redness, tenderness, swelling of the skin and burning sensation. These side effects lessen with time. If the skin becomes too red and dry, decrease the application to every other night or even every third night. Consult your Doctor who may advise you to use lower strength gel or decrease the amount of the gel. First 2 to 3 weeks may cause discomfort due to irritation, which eventually should subside.

Don't self medicate or use any other topical treatment unless prescribed by your Doctor. It may take 3 to 4 months before improvement is observed. Exposure to sunlight and ultra-violet light must be avoided during treatment. If unavoidable, use Sunscreen Lotion (U.V. Dew 15 Plus Lotion).

Not to be used during pregnancy unless advised by your Doctor. A-Ret gel is a potent medicine, which is prescribed not only in Acne Vulgaris & Photoageing but also for certain other skin disorders as well. Your Doctor may prolong the treatment for a longer period.

Good skin care is extremely important in acne and helps a person recover from acne.

SOME GENERAL INFORMATION

Acne or acne prone skin requires special attention with regard to cosmetics, cleansing and sun protection.

Foremost among the prophylactic measures is the use of non-comedogenic and non-acnegenic cosmetics and the avoidance of agents known to promote acne such as Hair Pomades. Use of greasy/oily cosmetics and picking and fiddling of lesions aggravate acne. Too frequent washing may also aggravate the condition. Wash your face twice daily in the morning and evening.

There is a popular misconception that steaming the face improves acne and complexion. While it is true that brief exposure to moist heat will soften comedones prior to their physical removal, repeated and chronic exposure to moist heat actually aggravates acne and may even lead to a form of topical acne. Similarly sunlight/ultra violet light was thought to be beneficial in acne. In fact short exposure to sunlight may hasten the resolution of inflammatory lesions and suntan can mask the lesions. However, chronic exposure leads to thickening of the epidermis and follicle, resulting in subsequent aggravation of acne. Photoprotection is an important adjunct for individuals with acne or acne prone skin.

ALWAYS KEEP THE SKIN CLEAN

- Clean face with a mild soap or face wash.
- Style hair so that it does not directly touch the forehead and face.
- Keep items that touch the face and hair directly (such as pillows) clean.
- Do not touch inflamed skin with the fingers.

USE OF COSMETICS

- Use non-greasy cosmetics formulated especially for acne prone skin.
- Do not apply oily foundation thickly as the fine particles will enter and block hair pores.

OTHERS

- Reduce consumption of fatty foods such as fatty meat, nuts, chocolates and cocoa.
- Reduce stress such as that associated with overwork and over exercise.
- All other topical acne agents must be stopped prior to initiating retinoic acid therapy.

Patient compliance is vital in the management of acne as the therapy is long and it takes months to get benefit of treatment.

A-Ret Gel is available in three strengths - 0.025% w/w Tretinoin, 0.05% w/w Tretinoin and 0.1% w/w Tretinoin.

- FOR EXTERNAL USE ONLY
- **Store protected from light, at temperatures below 30°C. Do not freeze.**
- Replace cap tightly after use.
- Keep out of reach of children.
- Not to be used during pregnancy.
- Exposure to sunlight and ultra-violet must be avoided.

Manufactured by: Akums Drugs & Pharmaceuticals Ltd.

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