

The guide to your Tretinoin+ Compound

Everything you need to know about your topical compound prescription.

Tretinoin 0.05% | Niacinamide 4% | Hyaluronic Acid 2%

Important Safety Information

- Do not use if pregnant, planning pregnancy, or breastfeeding:** Tretinoin is a retinoid and is contraindicated during pregnancy. Retinoids have been associated with serious birth defects. Do not use this compound if you are pregnant, planning to become pregnant, or breastfeeding. If your pregnancy status or plans change during treatment, stop use immediately and contact your Allara provider before your next application. Effective contraception is recommended for women of childbearing age while using tretinoin.

- Contact your Allara if you experience:** Intense burning, blistering, or crusting beyond expected dryness · Widespread reaction or reaction spreading beyond the application area · Persistent severe redness or swelling · Systemic symptoms: severe headache, nausea, or vision changes

- Go to the ER or call 911 for:** Difficulty breathing or swallowing · Severe allergic reaction · Loss of consciousness

- Do not apply to:** Broken or sunburned skin · Active eczema, rosacea, or dermatitis · Open wounds or infected areas · Mucous membranes or large body surface areas

How To Apply



SPF 30+ EVERY MORNING

Tretinoin increases UV sensitivity. Daily sunscreen is required, not optional.

Skipping it raises your risk of sunburn and pigmentation.

- STEP 1 Start with a clean, dry face at night:** Cleanse and pat dry. Wait 10–15 minutes before applying. Damp skin increases absorption and irritation risk.

- STEP 2 Use a pea-sized amount:** Apply to the entire face. Keep away from the eye area, corners of the nose, and corners of the mouth where the product concentrates.

- STEP 3 Let dry before layering other products:** Allow to fully absorb before other skincare like moisturizer. Do not combine with other retinoids, AHAs, or BHAs, this significantly increases irritation.

Ramp-Up Schedule

PHASE 1 · WEEKS 1–2

Every other night

Apply every 2–3 nights as tolerated. Allows skin to acclimate and reduces the severity of initial irritation.

PHASE 2 · WEEKS 3–4

Every night

If Phase 1 was tolerated, advance to nightly use. If irritation persists, extend Phase 1 before progressing.

MAINTENANCE · WEEK 5+

Nightly as tolerated

Continue nightly use. Skin continues to improve over months. The goal is sustainable, long-term use.

ⓘ Experiencing irritation? Slow down, don't stop

If you're finding Phase 1 uncomfortable, extend to an every-other-night schedule for an additional week or more before advancing. Premature discontinuation due to initial irritation is the most common reason patients don't see results.

What To Expect

Common early symptoms

- Dryness, peeling, flaking, or tightness
- Mild redness or flushing after application
- Increased skin sensitivity or mild stinging
- Temporary acne flare in weeks 4–6 (purging)

Less common symptoms

- Photosensitivity — increased risk of sunburn
- Contact dermatitis (allergic or irritant reaction)
- Severe blistering, crusting, or widespread reaction (rare — stop and contact your Allara care team)

ⓘ The purge is real — and temporary

Some patients experience a temporary worsening of acne in the first 4–6 weeks as tretinoin brings follicular contents to the surface. This is a recognized part of the process, not a sign that the treatment is failing. Stay consistent — this phase passes. If for whatever reason it feels like you need additional medical guidance, please don't hesitate to book an appointment.

Timeline & Results

Weeks 1–6
adjustment phase

Dryness, peeling, and possible purging. Skin is acclimating. Stay on the ramp-up schedule and resist the urge to stop.

Weeks 8–12
early improvement

Clearer texture, reduced breakouts, and improved tone begin to emerge. Your Allara provider will assess response at this milestone.

Months 3–6
full results

Continued improvements in acne clearance, skin texture, and hyperpigmentation. Results compound over time.

ⓘ Results require ongoing use:

Stopping tretinoin will result in a gradual return to baseline. This is a maintenance treatment, not a short-term course.

Support

Contact your Allara provider if you experience: Persistent vomiting · Severe abdominal pain · Signs of hypoglycemia (shakiness, sweating, confusion) · Signs of allergic reaction · Rapid heartbeat or palpitations.

Go to the ER or call 911 for: Difficulty breathing or swallowing · Severe throat or neck swelling · Persistent severe pain radiating to the back · Loss of consciousness or extreme confusion.

Messaging

Secure via the Allara app

Email

patientsuccess@allarahealth.com

Urgent / After Hours

Call 911 or go to the ER

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