

YOUR GUIDE TO USING



PRESCRIPTION ONLY MEDICINE
KEEP OUT OF REACH OF CHILDREN

Retrievive[®] Cream

TRETINOIN 0.05% w/w

AUST R 15553

50g

What is photoageing?

Photoageing caused by sun damage is when the skin ages faster than normal due to ultraviolet (UV) radiation. UV radiation damages skin cells at the surface but also in the deeper layers of your skin.

Signs of photoageing include:

- Fine lines and wrinkles
- Loss of skin firmness and flexibility (elasticity)
- Rough, dry skin
- Dark spots (called hyperpigmentation)
- Tiny blood vessels that are visible on the skin (broken capillaries)

How can ReTrieve help?

ReTrieve is a prescription-only cream used to treat dry, sun-damaged skin and related conditions referred to as photoageing.^{1,2} The active ingredient in ReTrieve is a type of Vitamin A called tretinoin. Tretinoin helps:³⁻⁵



Remove dead skin cells



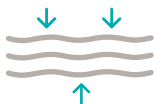
Stimulate new skin cell growth



Improve skin smoothness



Reduce hyperpigmentation



Visibly reduce lines and wrinkles

ReTrieve fits smoothly into most people's skin routine so they can keep seeing results the more they use it⁶

Steps for success: applying ReTrieve

How to apply

1



Before bedtime wash your face and neck with a mild, soap-free cleanser then pat dry

2



Apply a thin layer of ReTrieve to your face and neck, avoiding your eyes, mouth, lips, and angles of your nose – **a pea-sized amount is enough** to cover both face and neck

3



Wash your hands thoroughly after application

4



Leave ReTrieve on your face and neck as per instructions from your doctor

Starting slow

To avoid irritation, start ReTrieve slowly by gradually increasing the time you leave it on.

Example first week on ReTrieve:

NIGHT 1 	Apply	Leave on for 5 mins	Wash off
NIGHT 2 	Apply	Leave on for 10 mins	Wash off
NIGHT 3 	Apply	Leave on for 30 mins	Wash off
NIGHT 4 	Apply	Leave on for 1 hour	Wash off
NIGHT 5 	Apply	Leave on for 1.5 hours	Wash off
NIGHT 6 	Apply	Leave on for 2 hours	Wash off

Once you can leave ReTrieve on for 2 hours with no irritation you can leave overnight from there on.

Your dosing schedule

Mark the days your doctor recommends you apply ReTrieve for the first few weeks.

	S	M	T	W	T	F	S
1							
2							
3							
4							
5							

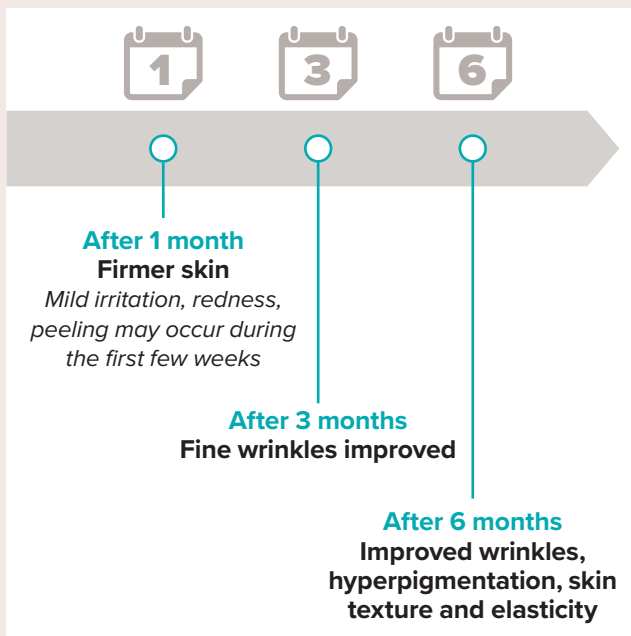
Keeping treatment going

Example morning and evening routine while treating your skin with ReTrieve:

 Morning	 Evening
<ul style="list-style-type: none">• Wash hands• Cleanse with a gentle, fragrance-free cleanser• Serums/oils• Moisturise• SPF 50+ sunscreen	<ul style="list-style-type: none">• Wash hands• Cleanse with a gentle, fragrance-free cleanser• Apply ReTrieve to your face and neck

How long until you see visible results?

Visible improvements in skin texture and fine lines may take up to 16 weeks of consistent use.^{3,6,7}



What to expect during the first few weeks on ReTrieve

Common side effects

Everyone's skin is different and it is normal to temporarily experience mild redness, peeling, and stinging in the first few weeks of using ReTrieve.¹

Adjustments you can make to help with mild irritation

- Adjust how long you leave ReTrieve on your skin – you may take longer than one week to adjust to treatment if you need to
- Take a break if you need – try applying ReTrieve every second or third night until your skin is less irritated
- Apply gentle, fragrance-free moisturiser during the day to help soothe your skin
- Wash your face with mild, soap-free cleansers

Dos and Don'ts with ReTrieve

DO:

- ✓ Use a broad-spectrum SPF 30+ sunscreen daily and reapply regularly
- ✓ Wear protective clothing if spending time in the sun
- ✓ Store the cream below 25°C and away from sunlight and moisture
- ✓ Remind your doctor, dentist or pharmacist that you are using ReTrieve

DON'T:

- ✗ Apply ReTrieve to broken skin, eyes, or the delicate skin inside the nose and mouth
- ✗ Apply more or for longer than your doctor recommended
- ✗ Use other skin treatments (e.g., chemical peels or medicated dressings) on the same areas, unless directed by a doctor
- ✗ Mix with other skin products that:
 - Contain vitamin A (other retinols or retinoids)
 - Contain peeling agents or high concentrations of alcohol, spices, lime or menthol
 - Are used to treat acne
 - Can increase sun sensitivity
 - Are abrasive (e.g. powders, scrubs, soaps or cleansers)
- ✗ Use during pregnancy and for women planning a pregnancy

ReTrieve[®]

(Tretinoin 0.05%)

Frequently asked questions (FAQs)

How can I look after my skin if mild irritation occurs?

Your skin may become irritated during the first few weeks of treatment due to how strong ReTrieve is (its potency). Try using a moisturiser to help soothe your skin. Look for something that contains ingredients such as hyaluronic acid which slows the evaporation of water from your skin to keep it plump, or niacinamide which can counteract the irritation caused by tretinoin.

What should I do if my skin becomes too irritated?

See your doctor if you have any concerns about skin irritation. If the irritation is excessive, or you experience severe burning or your skin becomes very sensitive to light, call your doctor straight away or go to the emergency department at your nearest hospital.

Can I continue using my regular skincare products?

Yes – as long as your regular skincare products do not contain ingredients that may interact with ReTrieve. Check the Do's and Don'ts section of this brochure for things to avoid. Your doctor or pharmacist will be able to help you check any products you are unsure about.

When will I see noticeable improvement?

Tretinoin 0.05% (the active ingredient in ReTrieve) has been shown in a clinical study to visibly improve the visible signs of photoageing from 4 months (16 weeks).⁶

BEFORE USING RETRIEVE, MAKE SURE TO READ THE CONSUMER MEDICINE INFORMATION, WHICH YOU CAN ASK YOUR PHARMACIST TO PROVIDE.

USE ONLY AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

THIS LEAFLET DOES NOT CONTAIN ALL THE AVAILABLE INFORMATION ON RETRIEVE, AND IT DOES NOT TAKE THE PLACE OF TALKING TO YOUR DOCTOR OR PHARMACIST.

References: **1.** ReRetrieve Product Information. **2.** ReRetrieve Consumer Medicine Information. **3.** Mukherjee S, et al. Clin Interv Aging 2006; 1(4):327–348. **4.** Ascenso A, et al. Mini Rev Med Chem 2014;14(8):629–641. **5.** El-Domyati MM, et al. J Cosmet Dermatol. 2004;3(4):191–201. **6.** Kang S, et al. Am J Clin Dermatol 2005;6(4):245–253. **7.** Bhawan J. Int J Dermatol 1998;37(4):286–292.

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