ZN DERMATOLOGY

Daily Skin Rejuvenation Routine

A SIMPLE ROUTINE FOR HEALTHY, RADIANT SKIN AND GRACEFUL AGING

Watch this routine, step by step.

Point your phone's camera at the code for short videos of the morning routine, tinted sunscreen, the evening routine and the important tips. Or visit **znderm.com/skin-routine**

Consistency matters more than using many products. This routine is designed to protect your skin from daily environmental damage, improve tone and texture, support collagen, and maintain a healthy skin barrier.

MORNING ROUTINE

1. **Gentle cleanser.** Wash your face with a gentle, non-foaming cleanser and lukewarm water. Pat your skin dry. Avoid scrubbing or using cleansing brushes, which may cause unnecessary irritation.
2. **Vitamin C antioxidant serum.** Apply **4 to 5 drops** to clean, dry skin over the face, neck, and upper chest. Avoid the immediate eye area. Vitamin C provides antioxidant protection against free radicals produced by UV exposure and environmental stressors. With consistent use, it may help improve brightness, uneven skin tone, and the appearance of fine lines. Allow the serum to absorb before applying the next product. Example: SkinCeuticals C E Ferulic, Trader Joe's Vitamin C serum.
3. **Azelaic acid 15 to 20%, if recommended.** Apply a thin layer to the face as directed by your provider. Azelaic acid can help improve uneven skin tone, calm redness and inflammation, keep acne-prone skin clear, and improve overall skin clarity. Allow it to absorb before applying moisturizer.
4. **Moisturizer (optional).** Apply a gentle, fragrance-free moisturizer as needed. Choose a lightweight lotion or gel if your skin is oily or acne-prone, or a richer cream if your skin is dry or sensitive. Example: La Roche-Posay Cicaplast B5 Baume.
5. **Tinted sunscreen.** Apply a generous, even layer as the final step of your morning routine. Choose a sunscreen that provides:
   - **Broad-spectrum, which means protection against both UVA and UVB**
   - **SPF 30 or higher**
   - **Preferably mineral, which contains zinc oxide and/or titanium dioxide**
   - **Preferably tinted, which contains iron oxides**
   - **A color and texture you will enjoy using every day**

Apply sunscreen every morning, including on cloudy days. Cover the entire face, hairline, ears, neck, upper chest, and other exposed areas. Reapply approximately every two hours when outdoors and after swimming, heavy sweating, or toweling the skin. Example: EltaMD UV AOX Elements, Eucerin Sun Tinted Mineral Sunscreen Lotion SPF 35, Colorescience Sunforgettable Total Protection Face Shield Flex.

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ZN DERMATOLOGY
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WHY WE OFTEN RECOMMEND TINTED SUNSCREEN

Broad spectrum means that the sunscreen protects against both UVA and UVB rays. SPF primarily measures UVB protection, so the words "broad spectrum" are just as important as the SPF number.

Iron oxides in tinted sunscreen provide additional protection against visible light. Visible light can contribute to persistent discoloration and uneven skin tone, particularly in medium and deeper skin tones. The tint can also provide immediate cosmetic coverage for areas of redness or uneven pigmentation.

> The best sunscreen is one that provides excellent protection and that you will use consistently.

EVENING ROUTINE

1. **Gentle cleanser.** Wash your face with a gentle cleanser to remove sunscreen, makeup, oil, and the day's buildup. Pat the skin dry. Apply tretinoin only after your skin is completely dry.
2. **Azelaic acid or tretinoin: alternate nights while starting.**

Tretinoin nights: Apply a pea-sized amount to completely dry skin. Avoid the eyelids and the corners of the nose and mouth. Begin one or two nights per week for a month and increase gradually as tolerated. Not everyone needs to use tretinoin every night to receive benefits.

Other nights: Use azelaic acid if your skin tolerates it.

Once your skin is consistently comfortable, azelaic acid and tretinoin may be used in the same evening routine. Mild dryness, flaking, or redness may occur when you begin treatment. Significant irritation is not the goal. If irritation develops:

- Use tretinoin less frequently
- Apply additional moisturizer
- Avoid other irritating products
- Contact our office if the reaction is significant or persistent

3. **Moisturizer.** Apply a gentle, fragrance-free moisturizer after tretinoin. For dry or sensitive skin, you may use the **moisturizer sandwich method**:
    - Apply a thin layer of moisturizer
    - Apply your pea-sized amount of tretinoin
    - Apply another layer of moisturizer

Applying moisturizer before tretinoin may reduce irritation without eliminating its benefits.

IMPORTANT TIPS

Introduce Products Gradually

When starting a completely new routine, begin with:

1. Cleanser
2. Moisturizer
3. Sunscreen

Once your skin is comfortable, add one active product at a time. Consider waiting one to two weeks before introducing the next active product so you can identify how your skin responds.

Avoid Unnecessary Irritation

While using tretinoin, avoid the following unless specifically recommended by your provider:

- Facial scrubs
- Cleansing brushes
- Harsh exfoliating treatments
- Glycolic or other alpha-hydroxy acids
- Salicylic acid
- Alcohol-based toners
- Astringents
- Waxing treated areas

Stop or reduce products that repeatedly burn, sting, or significantly irritate your skin.

Protect Your Skin From The Sun

Tretinoin can make treated skin more susceptible to irritation and sunburn. Vitamin C provides additional antioxidant support, but it does not replace sunscreen. Daily sunscreen protects your skin and helps preserve the benefits of your routine.

Be Patient And Consistent

Early improvements in brightness, smoothness, or texture may become noticeable within **8 to 12 weeks**. More meaningful improvement in fine lines, discoloration, and overall skin quality often requires **six months or longer** of consistent use.

Pregnancy And Breastfeeding

> **Do not use tretinoin** if you are pregnant, attempting to become pregnant, or planning pregnancy. Stop tretinoin and contact your dermatologist if you become pregnant. Ask your dermatologist before using tretinoin while breastfeeding.

QUICK REFERENCE

Morning	Evening
Gentle cleanser	Gentle cleanser
Vitamin C serum	Tretinoin and/or azelaic acid
Azelaic acid, if recommended	Moisturizer
Moisturizer, if needed	
Tinted broad-spectrum sunscreen, SPF 30 or higher	

Questions Or Concerns?

Please contact our office if you experience significant or persistent burning, redness, swelling, itching, peeling, or a rash.

Your routine may need to be temporarily adjusted before or after laser treatments, chemical peels, waxing, or other procedures. Follow the individualized instructions provided by our office.

> **Questions about your routine?** Message Dr. Nawas directly through the patient portal, or call the office at 346-696-3376. Step-by-step video guide: **znderm.com/skin-routine**