

Renova

I. Definition:

Renova is an antiaging cream that contains the active ingredient retinoic acid. Retinoic acid has been sold for years under the brand name [Retin-A](#). Retin-A is a prescription drug used for the treatment of acne. The Food and Drug Administration has now approved the use of retinoic acid sold under the name Renova for the treatment of sun damaged skin.

II. Action:

- Causes lightening of brown [sun spots](#) and leads to the disappearance of fine wrinkles. Renova also will thicken sun damaged skin slightly.

III. Side Effects:

- Makes the skin more sensitive to sun light (easier to get a sun burn).
- Can cause dryness, redness, tenderness, and swelling of the skin.

IV. Alternatives:

- A natural skin care product such as [Revitol](#) can offer effective anti-aging benefits.

V. Safety:

- Renova is very safe when used as directed. Renova should not be used if you are pregnant.

VI. How To Use:

- You should wash your face twice a day with a mild non-soap cleanser such as Cetaphil lotion available at your local pharmacy. Pat the skin dry with a towel. Let your face dry for 10-15 minutes before applying Renova. Apply Renova to the face each night before bed; do not get the medication into your eyes.
- Apply a moisturizer containing a sunscreen of SPF 15 or higher to the skin each morning. This will help counteract the dryness and scaling. The sunscreen will help protect the skin from sunburn. Avoid sun exposure between 10 a.m. and 2 p.m. when the sun's rays are the strongest.
- If the skin becomes too red and dry, decrease the application of Renova to every other night or even every third night.
- If you plan to have hair removed by waxing, especially of the upper lip, stop the Renova 3-4 weeks prior to the treatment. Otherwise, you may be left with a sore area which could heal with a brown spot.