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Renova

Renova is a form of vitamin A. It has been used for a number of years in the treatment of acne because of its beneficial exfoliative (skin peeling) action, especially on plugged oil glands (comedones). It also has been noted to be useful in the treatment of thickened skin disorders (hyperkeratosis). However, its ONLY FDA approval is for the treatment of acne.

In recent months considerable attention has been given Renova as an anti-aging agent. Excessive exposure to sunlight prematurely ages skin. Sun damaged skin may appear wrinkled, yellowed, blotchy, coarse, rough, leathery, and dry. Often times these changes do not appear until ten to twenty years following excessive sun exposure. Renova was found to be helpful in treating sun-aging damage to the skin. Primarily the improvements were noted to be:

1. Exfoliation and increased epidermal turnover. These actions increased the turgor (fullness) of the skin and reduced the appearance of fine wrinkling.
2. New blood vessel formation and increased blood flow (a more helpful color).
3. More uniformed pigmentation
4. Increased collagen formation in the deeper skin layers.

While Renova may be helpful in eliminating fine wrinkling (rhytids), it will not remove deep wrinkling or expression lines. As we age, a number of things happen to our face. Our skin loses moisture, it loses elasticity, the fat will re-distribute, and the muscles deteriorate or atrophy. Face-lift surgery tightens muscles, removes extra fatty tissue, and re-positions and removes excess skin. A phenol chemical peel removes the superficial layer of the skin. It penetrates into the deeper layers of the skin to provide a rejuvenation of the skin and a "tightening" effect. It is very effective in removing deep wrinkles and is more permanent in its effect than Renova. However, there is a two-week "convalescent" period before one can usually resume normal social activities following a phenol chemical peel.

Renova is not a replacement for face-lift surgery or phenol chemical face peeling. However, it can be an effective, adjunctive agent in maintaining a youthful, freshened appearance to the skin, if used correctly.

Recommended Use

1. Apply a pea size amount of Renova to the palm of your hand. Add a small amount of water to form a pasty consistency. Apply to all areas of face. (Renova can also be applied to the neck and hands).

2. Wait approximately 10 minutes after washing face before applying Renova.
3. Do not wash the skin or apply any other medication for at least two hours after application. It is best to leave the treated area undisturbed overnight.
4. Apply Renova initially one time every other day with a maximum of three applications per week. (Over a period of time you may be able to apply Renova more frequently and possibly even use a stronger concentration.)

Precautions

1. Renova may be drying to your skin. For that reason you may need to use a moisturizer more frequently. The moisturizer, which you normally use, will probably be satisfactory. However, some individuals with sensitive skin find that Eucerin lotion or Complex-15 lotion is more satisfactory for sensitive skin
2. Because Renova is removing the “filtering layers” of the skin, you may burn more easily when exposed to the sun. For this reason it is recommended that a sunscreen rated 15 or higher be used. Such a sunscreen should be applied to the skin the night before planned sun exposure and then again approximately one hour before going out into the sun. This will help you to obtain a tan but avoid a sunburn. There are many excellent over-the-counter sunscreens. A sun-screen should be rated “15”. This will provide you with the maximum amount of sun block. No studies have been performed which show that sun-screens higher than “15” are anymore effective. Many individuals find that they are sensitive to PABA, which is contained in many sun-screens. Sun-screens can be obtained which do not contain PABA and are recommended for more sensitive skin.

* No studies have been performed regarding the safety of Renova use during pregnancy or during breast-feeding. For that reason, it is recommended that Renova not be used if one thinks that they might be pregnant, are trying to conceive, or is breast-feeding. It is always recommended that an individual talk to their obstetrician or pediatrician before taking or applying any medications while pregnant or while breast-feeding.

** Some individuals with more sensitive skin find that Renova is too irritating to their skin. It is not uncommon for a rash to develop temporarily. However, if pain or irritation persists or if you have any questions or concerns, it is recommended to stop Renova applications immediately and contact our office. We are always more than happy to see you.

***It is recommended that individuals using Renova be evaluated periodically. For this reason we ask that you contact the office every three to four months in order that we may evaluate how your “treatments” are progressing. Often times the concentration and/or frequency of Renova applications can be adjusted at these times to maximize beneficial effects.