



MEDICAL CORPORATION

## Manhattan Beach Dermatology

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# Daily Skin Care Regimen For

### Morning

**Step 1: Cleanser :**

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**Step 2: Serum :**

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**Step 3: Prescription products :**

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**Step 4: Eyecream :**

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**Step 5: Moisturizer with Sunscreen :**

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### Evening

**Step 1: Cleanser :** Same as Morning

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**Step 2: Prescription products :**

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**Step 3: Eyecream :**

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**Step 4: Retinoid :**

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**Step 5: Moisturizer :**

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### Provider Notes:

- *Retinoid step can be skipped on nights when skin is too dry, red or irritated*
  - *Stop retinoid step 7 days prior to skin peels or facial waxing.*
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