

Consumer Medicine Information

ReTrieve® Cream

Tretinoin 0.5 mg/g

What is in this leaflet

Read this leaflet carefully before you start ReTrieve treatment, even if you have used ReTrieve before. This leaflet answers some common questions about ReTrieve. It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you using ReTrieve against the benefits this medicine is expected to have for you. If you have any concerns about using ReTrieve, ask your doctor or pharmacist. Keep this leaflet with your medicine. You may need to read it again.

What ReTrieve is used for

ReTrieve is used on the skin for the treatment of certain forms of acne and dry, sun-damaged skin. It contains tretinoin which is the acid form of Vitamin A. It works by regulating the growth and regeneration of the outer layer of the skin. This makes the surface layer of the skin thinner and pores less likely to become blocked, reducing the occurrence of whiteheads, blackheads and pimples. This medicine is only available with a doctor's prescription. Your doctor may have prescribed ReTrieve for another reason. Ask your doctor if you have any questions why ReTrieve has been prescribed for you.

Before you use ReTrieve

When you must not use it

Do not use ReTrieve if:

- you have an allergy to any medicine containing tretinoin, isotretinoin or vitamin A.
- you have an allergy to any of the ingredients listed at the end of this leaflet.

Allergy can be recognised, for instance, by rash, itching or hives on the skin; shortness of breath, wheezing or difficulty in breathing; swelling of the face, lips, tongue or other parts of the body.

Do not use this medicine after the expiry date (EXP) printed on the pack.

Do not use this medicine if the packaging is torn or shows signs of tampering. If it has expired or is damaged, return it to your pharmacist for disposal.

Do not give this medicine to children.

Before you start to use it

Tell your doctor if:

- you are pregnant or plan to become pregnant.
- you are breast-feeding or wish to breast-feed.
- you have sunburn. Delay the use of ReTrieve until the skin is fully recovered.
- you have other forms of skin disease such as eczema. Delay use of ReTrieve until the eczema has cleared or use with caution. ReTrieve can cause severe irritation on eczema.
- you have very sensitive skin.

If you have not told your doctor about any of the above, tell him/her before you start using ReTrieve.

Using other medicines and skin treatments

Tell your doctor or pharmacist if you are using other medicines including any that you get without a prescription from your pharmacy, supermarket or health food shop, cosmetics or any other skin preparations.

In particular, tell your doctor or pharmacist if you are using any of the following:

- medicines and skin preparations used to treat acne.
- skin preparations containing peeling agents (e.g. resorcinol, sulphur, salicylic acid or benzoyl peroxide).
- skin preparations containing vitamin A.
- cosmetics, perfumes or astringents (e.g. aftershave, skin toner) especially those containing a high concentration of alcohol, spices, lime, menthol.
- abrasive powders, scrubbing agents, soaps, shampoos or cleansers.

Your doctor or pharmacist can help you avoid products that may cause problems. If you have forgotten to discuss with your doctor or pharmacist about any of these things, tell them before you start using ReTrieve treatment.

Using ReTrieve

When to use it

ReTrieve is usually used once a day before going to bed.

How much to use

The usual dose is to apply a thin layer to the affected skin area(s).

How to use it

Carefully follow the exact instructions given to you by your doctor or pharmacist.

These may differ from the information contained in this leaflet.

- If you are using a new tube, unscrew the cap and check that the aluminium seal is intact. To break the seal reverse the cap and pierce through.
- Wash the affected areas with a mild soap free cleanser and lukewarm water. Pat dry.
- Apply the cream to the affected skin. Massage in gently.
- Wash hands thoroughly with water after each application.
- Only use ReTrieve on intact skin. Be careful to avoid contact with your eyes, mouth, lips, angles of the nose and open wounds. Do not swallow.

The treatment program is to be started slowly. The usual dosage regimen is as follows:

- First night - Apply, leave on for five minutes, then wash off.
- Second night - Apply, leave on for 10 minutes, then wash off.
- Third night - Apply, leave on for 30 minutes, then wash off.
- Fourth night - Apply, leave on for one hour, then wash off.
- Fifth night - Apply, leave on for one and a half hours, then wash off.
- Sixth night - Apply, leave on for two hours, then wash off.
- If, after a two-hour application, no redness or irritation has developed on the skin the following day, then the application may be left on overnight and washed off next morning.
- If there is redness or irritation, check with your doctor.

Your doctor will observe how your skin responds to treatment, and how well it can tolerate the medication. If excessive skin reactions occur, your doctor may adjust the application to alternate nights or temporarily discontinue treatment. Therefore contact your doctor or pharmacist immediately if you notice any unusual symptoms (such as rash) during treatment.

How long to use it

At your next visit, your doctor will see how your skin is responding to treatment. **Do not apply more often, or for a longer time than what your doctor has told you.** Your doctor will decide on the best course of treatment according to your skin condition and response. This may change from time to time depending on your medical condition. Ask your doctor or pharmacist on how to apply ReTrieve if you are not sure.

If you forget to use ReTrieve

Apply the medicine when you remember, and then go back to using it as you would normally. If it is almost time for your next application, skip the dose you missed. Go on to apply the next dose as before. Do not apply a double dose to make up for the one you missed. If you are not sure what to do, ask your doctor or pharmacist. If you have trouble remembering when to apply your medicine, ask your pharmacist for some guides.

If you have used too much (Overdose)

If you have applied too much ReTrieve, remove any excess applied. Let your doctor know in the next visit even if you have not had any signs of skin redness or discomfort.

If your skin develops severe skin irritation, stop the treatment and contact your doctor immediately.

If you have swallowed ReTrieve

Do not take this medicine by mouth.

If you or someone else accidentally swallows some ReTrieve, immediately telephone your doctor or the Poisons Information Centre (telephone 0800 POISON or 0800 764 766 in New Zealand) for advice, or go to Accident and Emergency at the nearest hospital. Do this even if there are no signs of discomfort or poisoning. The person who has swallowed ReTrieve may need urgent medical attention.

While you are using ReTrieve

Things you must do

Follow your doctor's instructions. Tell your doctor if, for any reason you have not used your medicine exactly as directed. Otherwise, your doctor may think that it was not working as it should and change your treatment unnecessarily.

Protect your skin when you are in the sun. If you are outdoors, wear protective clothing and apply a broad-spectrum 30+SPF sunscreen. Reapply sunscreen regularly.

Tell your doctor if you become pregnant while you are using ReTrieve. If you are about to start taking any new medicine, tell your doctor and pharmacist that you are using ReTrieve. **Tell any other doctors, dentists, and pharmacists who treat you that you are using this medicine.**

Things you must not do

Do not swallow this medicine.

Do not use on open wounds.

Do not apply to the eyes, around eyelids, mouth, lips, mucosa or angles of the nose.

Do not apply other skin preparations on top of the nightly application of ReTrieve. Suitable sunscreens and moisturisers may be used during the day.

Do not apply more often than or for a longer time than what your doctor told you.

Do not use ReTrieve to treat any other complaint unless your doctor tells you to.

Do not give your medicine to anyone else, even if they have similar symptoms to yours.

Do not mix ReTrieve with any other preparations. They may prevent ReTrieve from working.

Things to be careful of

Sunlight/Solarium

Avoid exposure of the treated area to excessive sunlight or overuse of a sunlamp because your skin may be more prone to Sunburn while you are having ReTrieve treatment. Practice the slip/slop/slap program. If prolonged exposure to sunlight cannot be avoided while you are using ReTrieve, use a 30+ SPF broad-spectrum sunscreen or wear protective clothing over the treated areas.

Strong Wind/Dry Air

Other weather extremes such as strong wind or cold dry air may cause skin discomfort. **Apply moisturiser or emollient** if this occurs. Check with your doctor or pharmacist about suitable wind protection if you notice any unusual rash or redness.

Skin Treatments

Do not use any skin treatments, such as skin peels or medicated dressing on the same affected areas unless your doctor has told you to.

Cosmetics

Check with your doctor or pharmacist which cosmetics or perfumed toiletries you can use. Wash off any cosmetics before you apply ReTrieve.

Washing your face

Avoid using harsh soaps or defoliants. Use a mild bland soap, or any suitable soap free cleansers.

Side Effects

ReTrieve is generally well tolerated. However, like other medicines, ReTrieve can cause side effects. If they occur, they are most likely to be minor or temporary. However, sometimes they are serious and would need medical attention. Ask your doctor or pharmacist if you have any problems while you are using ReTrieve. You may need medical attention if you get some of the side effects.

Tell your doctor if you notice any of the following and they continue to worry you:

- redness of skin
- feeling of warmth on skin
- peeling of skin
- slight stinging
- darkening or lightening of the treated areas.

Tell your doctor immediately if you experience any of the following as you may need urgent medical care:

- excessive irritation
- severe burning
- the skin becomes very sensitive to light

STOP using ReTrieve and tell your doctor immediately or go to Accident and Emergency at your nearest hospital if you have an allergic reaction.

Other side effects not listed above may occur in some patients.

Tell your doctor or pharmacist if you notice any other side effect from your medicine which is making you feel unwell.

This medicine does not affect your ability to drive or operate machinery.

After Using ReTrieve

Storage

Keep ReTrieve in a cool dry place where the temperature is below 25°C. Do not leave this medicine on window-sill or inside a freezer. Do not leave this medicine in the car on hot days. Keep this medicine where children cannot reach it.

Disposal

Return any unused or expired medicine to your pharmacist, or ask them how to dispose of it. Do not keep any outdated medicine, or medicine no longer needed. Keep any discarded medicine out of the reach of children or pets.

Product Description

What it looks like

ReTrieve Cream is a smooth pale yellow cream packed in a 50g metal tube and an outer carton, a 10g metal tube and outer carton and a 5g tube.

Ingredients

ReTrieve contains 500 microgram per gram of tretinoin as the active ingredient. It also contains cetyl alcohol, isopropyl palmitate, glyceryl stearate, sorbitan stearate, polysorbate, disodium edetate, tocopheryl acetate, retinyl palmitate, methyl and propyl hydroxybenzoates, diazolidinylurea, propylene glycol and water.

Sponsor

Valeant Pharmaceuticals New Zealand Ltd
C/O Supply Chain Solutions
74 Westney Road
Mangere
AUCKLAND

Telephone: 09-257-0521

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