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## Do retinoids really get rid of spots?

What to know about this vitamin A derivative



**Katie Jones**  

Acting Editor

January 19, 2015 | Updated: January 19, 2015 7:40 AM

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Thanks to their [skin](#) smoothing properties, retinoids are commonly found in luxury creams and prescription acne treatment - but when it comes to clearing up [spots](#), do ingredients like retinol and retinaldehyde really work?



"It's like taking an Advil and expecting it to work in a minute," New York dermatologist Dr. Paul Jarrod Frank added to *The Cut*.

The secret to beating blemishes? Try using a retinoid - but be patient.