Do retinoids really get rid of spots?

What to know about this vitamin A derivative

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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.