



Hydroquinone Guidelines

Hydroquinone is a prescription skin medication used to treat dark skin spots such as freckles, melasma, age spots, and other forms of hyperpigmentation. When incorporated into your skin care regimen, hydroquinone decreases the production of melanin by inhibiting tyrosinase, an enzyme needed for melanin production.

Hydroquinone may be used alone, in combination with other skin medications, or in preparation for treatments such as chemical peels, dermabrasion or laser procedures.

You may not see significant improvement until 2 to 6 months after starting use.

Hydroquinone can be applied morning and night.

HOW TO APPLY:

- Remove any makeup, wash face thoroughly and pat dry with a clean towel.
- If using tretinoin, apply prior to hydroquinone at night. Follow the tretinoin guidelines.
- Apply a 1 pump of hydroquinone 4% to dark skin spots. This can also be applied to other areas with excess pigmentation such as the neck and back of hands.
- Allow product to fully absorb into skin before applying moisturizer or any other skin care products.
- Apply **DAILY SPF** in the morning.

FREQUENCY:

- Apply twice daily until desired results are achieved.
- DO NOT stop using Hydroquinone abruptly. Once you have achieved your desired results, you may taper the Hydroquinone. Gradual cessation will minimize any rebound increase activity of tyrosinase.
 - Apply only 3 times per week for 2 weeks.
 - Then 2 times per week for 2 weeks, then stop use.

POSSIBLE SIDE EFFECTS:

- Mild skin irritation, redness, and sensitivity (burning and stinging) are common and usually resolve once skin adapts to product.
- Do not use with hydroxy acids, vitamin C or other irritating products unless you have been using them already without irritation.
- If you are pregnant, you may be advised to stop use. It is important to discuss this with your provider.