

# MID VALLEY

DERMATOLOGY & COSMETIC SURGERY CENTER

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## HQRA (BLEACHING CREAMS)

THIS MEDICINE IS A COMBINATION OF AN EFFECTIVE BLEACHING MEDICINE, RETIN-A AND A MILD CORTISONE. IT'S FORMULA WAS DESCRIBED IN AN IMPORTANT SCIENTIFIC JOURNAL SOME YEARS AGO AND IS WIDELY PRESCRIBED. ITS PRIMARY USE IS TO LIGHTEN THE PIGMENTATION ASSOCIATED WITH A CONDITION CALLED MELASMA, THOUGH IT HAS BEEN FOUND TO BE HELPFUL WITH A VARIETY OF OTHER PIGMENTATION PROBLEMS. FOR MOST EFFECTIVE USE, PLEASE FOLLOW THESE INSTRUCTIONS.

1. WASH YOUR FACE GENTLY, AVOID ROUGH FACE CLOTHS OR OTHER ABRASIVE CLEANSERS.
2. DRY YOUR SKIN WITH A SOFT TOWEL. SINCE THIS MEDICINE IS MORE LIKELY TO CAUSE IRRITATION IF IT IS APPLIED TO WET SKIN, IT IS IMPORTANT THAT YOUR SKIN BE DRY BEFORE AN APPLICATION. YOU MAY DO THIS IN ONE OF A NUMBER OF WAYS:
  - A. WAIT ABOUT 20 MINUTES AFTER WASHING BEFORE APPLYING YOUR MEDICINE.
  - B. USE A MAGAZINE TO FAN YOUR SKIN.
  - C. USE A HAIRDRYER ON THE COOL SETTING TO "BLOW DRY" YOUR SKIN.
3. A PEA SIZE AMOUNT IS USUALLY SUFFICIENT TO MEDICATE YOUR ENTIRE FACE. USE YOUR FINGERTIPS TO RUB THE MEDICINE INTO THE SKIN. AFTER APPLICATION YOUR SKIN SHOULD NOT FEEL GREASY. IF IT DOES YOU MAY HAVE USED TOO MUCH.
4. SUPERFICIAL SCALING OF THE SKIN IS OFTEN NOTED WHILE USING THIS MEDICINE. MOISTURIZERS MAY BE USED AS NEEDED. CONTINUED USE IS OFTEN ASSOCIATED WITH AN INCREASED TOLERANCE OF OUR SKIN TO THIS EFFECT OF THE MEDICINE.
5. IF THERE IS DISCOMFORT USING HQRA PLEASE DISCONTINUE USE AND CALL THE OFFICE PROMPTLY.
6. A BROAD-SPECTRUM SUNSCREEN SHOULD BE USED DAILY.

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