

For your safety and in order to obtain optimum results, the instructions below should be followed

- Melasma and Hyperpigmentation are possible in all skin types but particularly prevalent and more likely in Asian and darker skin types.
- Melasma is a darkening of the skin caused by many different factors:
  - o Sunlight is the major cause.
  - o Hormones (birth control pills, HCG diets, hormone replacement therapy)
  - o Pregnancy ("the Mask of Pregnancy")
  - o Stress
  - o Thyroid problems
  - o Heat sources: waxing, hot yoga
- The Commandments of Melasma and Hyperpigmentation
  - o Never be in the sun without PHYSICAL sunscreen containing ZINC and TITANIUM DIOXIDE with an SPF of 30 or more.
    - ◆ Not even for one minute. Sunscreen should be the last thing you take off before bed and the first thing you put on in the morning.
    - ◆ Sunscreen must be applied a minimum of 4 times per day.
    - ◆ We recommend Elta MD Sunscreen
  - o Always avoid direct sunlight. This means hats, sunglasses, umbrellas, tinting your car windows for SPF and wearing UPF clothing.
  - o Visible light, not just UV light, can trigger melasma. You need sunblock in the house and at work.
  - o Birth control or HRT = Melasma.
  - o Use ZO Skin Health Brightening Protocol as prescribed by your practitioner. Throughout treatments you will use Hydroquinone 4% (HQ) and then non-hydroquinone skin lightening products. Before and after each procedure you will return to the hydroquinone protocol.
  - o NO Clarisonic, dermabrasion, waxing or rough treatment of skin - all increase pigment.
  - o Vitamin A products (Tretinoin, Differin, ReFissa, Wrinkle + Texture Repair) should be added to help.
- Treatment of Melasma
  - o BBL/Photofacial and PicoSure treatments will dramatically improve melasma; however, melasma is a chronic condition and your melasma will come right back if you do not follow the rules above. Melasma is treated and managed but cannot be cured. It will never completely disappear.
- Melasma Treatment Protocol
  - o AM: Pigment Control (HQ 4%) or Pigment Control +Brightening (HQ 4% + Vitamin C)
  - o PM: Pigment Control, Pigment Control +Blending (HQ 4% - formulated to blend) and ReFissa or Wrinkle + Texture Repair
  - o Continue the protocol for four months and then substitute with non-hydroquinone skin lightening products for four months (Brightalive, Self Activating Vitamin C & Retinol Skin Brightener)

- o Please note, one week prior and two weeks after any laser treatments, avoid using the Pigment Control and ReFissa or Wrinkle + Texture Repair and the Retinol Skin Brightener
- o Your outcome depends on STRICT adherence to sunscreen, lifestyle and skin care.
- I have read the above, asked and had all my questions answered and agree to using the hydroquinone, non-hydroquinone and medical sunblock. I understand that failure to do so will result in a less favorable outcome. I also understand that melasma and hyper-pigmentation are chronic conditions that may fluctuate and change, despite my best efforts and the best care by Empire Eye and Laser Center.

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**Patient Signature**

\_\_\_\_\_  
**Witness Signature**

\_\_\_\_\_  
**Date**

**SUMMARY OF PRODUCTS NEEDED** *\*taxes not included*

**Hydroquinone Protocol**

<b>Pigment Control Cream (Melamin)</b>	<b>\$66.00</b>
<b>Pigment Control +Brightening Cream (*Melamin-C)</b>	<b>\$125.00</b>
<b>Pigment Control +Blending Cream (Melamix)</b>	<b>\$64.00</b>
<b>ReFissa</b>	<b>\$70.00</b>
<b>- or -</b>	
<b>Wrinkle + Texture Repair</b>	<b>\$145.00</b>
<b>Elta MD Sunscreen</b>	<b>~\$30</b>

\*Melamin-C is optional but highly recommended

**Non-Hydroquinone Protocol**

<b>Brightalive</b>	<b>\$120.00</b>
<b>Self Activating Vit. C.</b>	<b>\$93.00</b>
<b>Retinol Skin Brightener</b>	<b>\$104.00</b>
<b>Elta MD Sunscreen</b>	<b>~\$30</b>