



La Jolla Cosmetic
Medical Spa
est. 2013

Hydroquinone Protocol

- Hydroquinone is the most effective skin lightening / brightening agent available.
- Hydroquinone should be used for a maximum duration of 3 months followed by other skin brightening ingredients and include Vitamin C, retinol, TXA, Even and Correct from Skinmedica, (3 months on HQ, 6 weeks on non-HQ lightener). Part of your treatment plan may involve using them at the same time, which will be instructed to you by your provider.
- Cleanse area thoroughly before applying HQ pad. After skin has dried from cleansing, apply HQ pad over area directed by provider. Let skin dry, then proceed with the rest of your regimen like normal. It is good to use moisturizer after as your skin might become dry.
- Pads can be used at most twice per day (morning and night) as instructed by the provider. Be extra cautious of sun exposure as HQ pads make you even more sensitive to the sun. Ensure you are using a SPF 30 or higher and reapply throughout the day.
- Consult your provider before purchasing your 3rd package of hydroquinone. Overuse of Hydroquinone could have the opposite effect desired.

Start: _____ Stop: _____

If you should have any questions, please contact La Jolla Cosmetic Medical Spa at 858-452-2066.