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AESTHETIC SURGERY

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Instructions for Hydroquinone and Kojic Acid Use

Dark skin spots, such as freckles, may result from sun exposure or a result of other inflammation. Hydroquinone and Kojic Acid are two commonly used prescription products used to treat the excess pigmentation. These products may be used alone, in combination with Tretinoin (Retin-A, Renova), or as a part of other skin treatments such as chemical peels, dermabrasion or laser procedures.

Hydroquinone and Kojic Acid may be applied to areas with excess pigmentation, usually the face, neck and hands. Results are not immediate, so you may not see a change for 1 to 3 months. Hydroquinone comes in different strengths (commonly 2% and 4%, but stronger strengths are available) while Kojic Acid is available at a 1% strength. Before applying either product, test it on a small area of skin for a few days to check for a sensitivity to it.

Apply in morning then apply a sunblock with an SPF of at least 15, or 30 if you will be in strong sun.

Hydroquinone and Kojic Acid may be used alone, in combination with other skin medications, or in preparation for other treatments such as chemical peels or laser procedures. You may not see significant improvement until 2 to 3 months after starting use. Best results will be seen after 4 months so be patient.

In rare cases, long term hydroquinone use may cause skin discoloration, so it is recommended to stop use after 6 months, then restart 2 to 3 months later.



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