



Japanese Bleaching Instructions

Japanese Bleaching Formula for Skin Pigmentation

This treatment was developed by Dr Yoshimura, a plastic surgeon in Tokyo. It has been used in thousands of Japanese patients with various types of increased pigmentation with 80-90% success rates. On occasion it is combined with laser treatment for maximum results.

The treatment instructions

INITIAL BLEACHING PHASE – apply for 2-6 weeks depending on doctor's instruction

- 1. RA-GEL** (either 0.1% or 0.4%), apply twice a day with a cotton bud to the pigmented spots only. Any excess should be wiped off. Allow to dry, then.....
- 2. HQ 5% - LA 7% OINTMENT** apply twice a day all over the face after RA-GEL has dried on the skin.

Be aware that it is normal and to be expected that irritation, redness, peeling and even crusting WILL develop as an essential part of the treatment. This may persist throughout treatment. If the irritation is very severe then it is best to miss a few days of treatment with the RA-GEL, and use the HQ 5% - AA 10% ointment from the Healing Phase (see below) to settle things down. Once the completion of the Bleaching Phase move on to.....

HEALING PHASE – apply for 4 weeks at least

After completion of the Bleaching Phase as above, most of the pigmentation should have peeled off.

HQ 5% -AA 10% Ointment is then applied all over the face twice a day. This is continued until all redness has cleared and prevents the pigmentation recurring.

IMPORTANT POINTS

- 1.** Re treatment is possible from time to time. Allow everything to settle down and then start the Bleaching Phase again moving onto the Healing Phase.
- 2.** Laser can be used in selected cases. Discuss this with the Dermatologist
- 3.** 30+ Sunscreen EVERYDAY before leaving the house is ESSENTIAL/

4. Follow up with the Dermatologist is essential. Call and speak to the nurses if you have any concerns.