

31000 Telegraph Rd., Suite 260 Bingham Farms, MI 48025 (248)792-3785

## Triple therapy bleaching cream

### What is triple therapy bleaching cream?

Triple therapy bleaching cream is a skin lightning agent, used to lighten dark spots from acne, melasma, and sun freckles. It is composed of three main ingredients:

Hydroquinone 5% -an inhibitor of melanin synthesis (higher concentrations of hydroquinone produce little benefit and a lot more irritation)

Tretinoin 0.05% - a gentle skin exfoliant (a form of Retin-A)

Fluocinilone 0.01% - a topical steroid (used to reduce irritation)

Niacinamide 1% is a fourth ingredient is included in this compound, as a vitamin B3 derivative. (Niacinamide reduces transfer of pigment from melanocytes to skin cells, helping to lighten skin). Also, a small concentration of Vitamin C is used as a stabilizer.

Triple therapy bleaching cream is available in a prepackaged branded form known as Triluma™ which currently sells for approximately \$200 per ounce. Our triple therapy cream has the same ingredients with a slightly higher concentration of hydroquinone (5% vs. 4%) and an additional skin lightning agent, niacinamide.

### How should I apply triple therapy bleaching cream?

- 1. Wash your face PRIOR to application. Apply a small dab of cream directly to the dark spots and gently rub it in. Then take a pea-sized amount of triple cream and divide it over the entire region where dark spots occur in order to “blend” the discoloration into the surrounding skin. It is difficult to achieve a uniform pigmentation by treating only the dark spots. The dark spots preferentially absorb the cream.**
- 2. Start out applying it 3 nights a week as irritation is possible. After a month, slowly work up to nightly use. *If you allergic to sulfites in wine, you might experience sensitivity to this product. Allergy to Sulfa antibiotic is NOT a problem.* REFRIGERATING THE CREAM KEEPS IT STABLE AND EFFECTIVE.**
- 3. Use for a MAXIMUM of 3 months. After that, consult Dr. Singer for future use. Avoid application to the eyelids.**
- 4. Apply Triple cream at NIGHTTIME.**
- 5. Always wear sunscreen during the day. Otherwise, dark spots will darken.**