



Once the dark spots have cleared, you may discontinue use of the lightening agent. In its place, use an antioxidant serum twice a day in your daily regimen to prevent dark spots:

- Triple C & E Complex
- JM C-esta Serum
- Obagi Professional C serum

Dermagenix Solutions Solar Defender SPF 28 is an essential step in your daily, daytime regimen, providing for thorough protection from burning **UVB** and aging **UVA** rays. This gentle, greaseless formula goes on sheer, and is enriched with antioxidant Vitamin E, plus soothing Green Tea and Aloe, to help lessen damage caused by direct sunlight. *Water-resistant.* Sun protection is important in the prevention of future sunspots and wrinkles.

Your Customized Plan

1. Cleanse

- JM-Bioglycolic Oily Skin _____AM _____PM
Cleansing Gel
- C-Esta Cleansing Gel _____AM _____PM
- Ultra-Gentle Cleansing Lotion _____AM _____PM
- Foaming Facial Refiner _____ as needed

2. Treat

- JM Lightening Gel _____AM _____PM
- Obagi C-Clarifying Serum _____AM _____PM
- Retin-A _____PM

3. Protect & Moisturize

- Dermagenix SPF 28 _____AM
- Calming Bio-Lipid Repair Crème _____AM _____PM
- Calming Bio-Lipid Repair Fluid _____AM _____PM
- Oil-free Hydrating Fluid _____AM _____PM
- Continuous Moisture Crème _____AM _____PM

***Complimentary Consult available with Dr. Vo for advanced facial rejuvenation options.**

Dark Spots...



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M E D I C A L S P A

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Common hyper pigmentation concerns are usually focused on freckles, solar lentigo (discoloration from sun exposure), flat macule discoloration (from acne), melasma and post inflammatory discoloration. The following is a brief explanation of each of these disorders:

Freckles - tan to pale brown spots with poorly defined borders. Freckles are usually apparent on fairer skinned individuals and are more prominent to summer months during increased sun exposure.

Solar Lentigo - areas of brown pigmentation that appear only after intense short term sun exposure or ongoing cumulative sun exposure. Generally the areas most affected are the face, and back of hands.

Melasma - blotchy brown hyperpigmented patches that have an irregular shape and may be distributed over the cheeks, forehead, upper lip and neck. Frequently, this condition occur during pregnancy, at menopause and in those taking hormones or oral contraceptives.

Post Inflammatory Discoloration - Aggressive chemical peel agents such as TCA, phenol may produce complications resulting in uneven coloration. . This form of dark spots may leave a large area or small areas of discoloration with irregular shapes. Post inflammatory hyper pigmentation is most common in olive or darker skinned individuals. It can occur in fair skinned patients, although it usually last a shorter period of time.

Every Morning and Night

1. Cleanse

Twice a day, wash with a Dermagenix cleanser recommended for your skin type (dry, sensitive, oily, combination). If your skin is not easily irritated, we prefer a cleanser with Glycolic acid or Vitamin C to help brighten dark spots.

JM Bioglycolic Skin Cleansing Gel

- Fast-acting formula
- Glycolic acid helps with exfoliation
- Leaves skin feeling exceptionally clean and soft

JM C-esta Cleansing Gel

- Remarkable Cleansing Properties
- Noticeably softer, smoother, more refined skin texture
- Potent Skin Conditioner

Dermagenix Solutions Cleansers

- Ultra-Gentle Cleansing Lotion (for sensitive skin)

2. Treat

Twice a day, apply a lightening agent to the dark spots. In the daytime, apply Dermagenix Solutions SPF 28 Solar Defender all over, and especially over the lightening agent on the spots. The antioxidants in the Dermagenix Solar Defender will further aid in the treatment and prevention of dark spots.

JM Lightening Gel

- Combines Kojic acid and Glycolic acid for advanced skin brightening
- Oil-free and alcohol-free
- Has added anti-bacterial effect which may benefit patients with acne and resultant hyper pigmentation

Obagi C-Clarifying Serum

- 10% Vitamin C to help with brightening and skin thickening
- 4% Hydroquinone (prescription strength) skin lightener
- Evens skin tone by suppressing melanin
- May stop using this once spots fade, up to 8 weeks

Retin-A (prescription strength)

- Retin-A is a prescription strength derivative of Vitamin A. It works by increasing cell turnover, which helps with discoloration, wrinkles, and acne. The effect of increased cell turnover can be irritation and flaking.
- It takes at least 6 months to see a noticeable difference in wrinkles, and 6-9 weeks to realize effectiveness for whiteheads and blackheads.
- Apply a thin layer nightly.
- In the morning, wash your face with Dermagenix Foaming Facial Refiner or use your cleanser with a rough cloth to reduce noticeable flaking.
- When you first start using Retin-A, apply it *every other night* or *every 3rd night*. The flaking and irritation side effects are usually worst in the first 2 weeks of application. As your skin adjusts to the medicine, you can apply it more frequently.
- If you notice an increase in the irritation or flaking, it's ok to take a break for a couple of days and resume once the irritation subsides.

3. Moisturize & Protect

After cleansing and treating in the morning, apply Dermagenix SPF 28. Moisturize at night, and throughout the day with a Dermagenix Solutions moisturizer recommended for your skin type to help decrease the drying effect of the medicine Retin-A.

Dermagenix Solutions Moisturizer

Calming Bio-Lipid Repair Crème (if you have reactive skin)

Calming Bio-Lipid Repair Fluid (if you have reactive skin)

Oil-free Hydrating Fluid (if you have oily skin)

Continuous Moisture Crème (if you have dry skin)

Dermagenix Solutions Solar Defender SPF 28

- Retin-A makes your skin more susceptible to sunburn, and use of a daily sunscreen is essential (even if you are in the sun for a short amount of time).

