

# Patient Education - Tretinoin 0.045%, Hydroquinone 10%, Hydrocortisone 0.5%, Kojic Acid 4% Topical Gel

Hillcrest Pharmacy 781 E FT Union Blvd Midvale, UT 84047 – Direct 385-900-1400, Toll Free 1-855-499-2556

Patient Education Insert

-Apply medication to affected area as prescribed

This medication was compounded by a pharmacy per prescriber request. For external use only. Wash hands before and after use unless the medication is for your hands. Store at room temperature (68 to 77 degrees Fahrenheit). Keep away from children and pets. Do not flush unused medications or pour down a sink or drain. Do not swallow and avoid contact with eyes.

Do not use more than your medical provider has instructed you to use. Do not use more often or for longer than you were instructed. Doing any of these may increase the chance of undesirable side effects.

The “Do not use after” date printed on the prescription label is generated using State & Federal compounding laws. Some preparations are made 1-3 days before the prescription is issued, in anticipation of expected demand. If you have any questions or concerns regarding this, please do not hesitate to call and speak to one of our pharmacists.

Do not use if an allergic reaction occurs due to any of the listed active ingredients on the prescription label. Signs of an allergic reaction may include rash hives itching shortness of breath wheezing cough swelling of face, lips, tongue or throat or any other signs.

Contact your medical provider or pharmacy if you have concerns about listed side effects or if you experience unexpected irritation. Notify your medical provider of any medical updates and of all drug changes including over-the-counter and herbal medications.

If you miss an application, apply as soon as you remember. If it is close to the next application, skip the missed application. Do not double applications.

We want to offer you the best service possible. In the event you have a concern or complaint please call the pharmacy at 385-900-1400.

MedWatch: The FDA Safety Information and Adverse Event Reporting Program - Website: <https://www.fda.gov/Safety/MedWatch/default.htm> - Toll free number: 1-888-463-6332

Your medication contains the following active ingredients. Please review the following:

Tretinoin - Tretinoin is a form of vitamin A that helps the skin renew itself, is used to treat acne, to smooth rough facial skin, and to reduce the appearance of fine wrinkles and mottled skin discoloration.

Tretinoin topical may also be used for purposes not listed in this medication guide.

More frequently reported side effects include: exfoliation of skin, stinging of the skin, localized warm feeling, and mild erythema of skin.

Do not give tretinoin topical to a child without medical advice. Some brands of tretinoin topical are not approved for use in anyone under 18.

It is not known whether tretinoin topical will harm an unborn baby. Tell your doctor if you are pregnant.

It may not be safe to breast-feed a baby while you are using this medicine. Ask your doctor about any risks.

Wash your hands before and after applying tretinoin topical. Before applying, clean and dry the skin area to be treated. Applying tretinoin topical to wet skin may cause skin irritation.

Do not wash the treated area or apply other skin products for at least 1 hour after applying tretinoin topical.

Tretinoin topical should be used as part of a complete skin care program that includes avoiding sunlight and using an effective sunscreen and protective clothing.

Call your doctor at once if you have:

severe burning, stinging, or irritation of treated skin severe skin dryness or severe redness, swelling, blistering, peeling, or crusting.

Your skin may be more sensitive to weather extremes such as cold and wind while using tretinoin topical.

Common side effects may include:

skin pain, redness, burning, itching, or irritation sore throat mild warmth or stinging where the medicine was applied or changes in color of treated skin.

Hydroquinone - Hydroquinone decreases the formation of melanin in the skin. Melanin is the pigment in skin that gives it a brown color. Hydroquinone topical (for the skin) is used to lighten areas of darkened skin such as freckles, age spots, melasma (sun damage), or chloasma (darkened skin caused by hormonal changes). Hydroquinone may also be used for purposes not listed in this medication guide.

You should not use hydroquinone if you are allergic to hydroquinone or peroxide.

Ask a doctor or pharmacist if it is safe for you to use this medicine if you have other medical conditions, especially: liver or kidney disease, asthma or sulfite allergy

It is not known whether hydroquinone topical will harm an unborn baby. Do not use this medicine without a doctor's advice if you are pregnant.

It is not known whether hydroquinone passes into breast milk or if it could harm a nursing baby. Do not use this medicine without a doctor's advice if you are breast-feeding a baby.

Do not give this medicine to anyone under 12 years old without medical advice.

Hydroquinone is usually applied each morning and at bedtime. Use exactly as directed on the label, or as prescribed by your doctor. Do not use in larger or smaller amounts or for longer than recommended.

Hydroquinone is for use only on the skin. Avoid getting this medicine on your lips or inside your nose or mouth. Hydroquinone may cause numbness of these areas.

Before you start using hydroquinone, you may choose to apply a "test dose" to see if you have an allergic reaction to this medicine. Apply a very small amount of the medicine to a small area of healthy skin, and check the area within 24 hours. If there is no reaction other than minor redness, begin using the full prescribed amount of the medicine.

Do not use hydroquinone on open wounds or on sunburned, windburned, dry, chapped, or irritated skin.

Wash your hands before and after applying this medicine unless you are using it to treat the skin on your hands.

Apply this medicine only to the affected skin areas that need to be lightened. Try not to get any medicine on the skin around these areas.  
Store at room temperature away from moisture and heat. Keep the container tightly closed when not in use.

Avoid exposure to sunlight or tanning beds. Hydroquinone topical can make you sunburn more easily. Wear protective clothing and use sunscreen (SPF 30 or higher) when you are outdoors.

Avoid getting hydroquinone in your eyes.

Hydroquinone may make your skin more sensitive to weather extremes such as cold and wind. Protect your skin with clothing and use a moisturizing lotion as needed. Using hydroquinone together with benzoyl peroxide, hydrogen peroxide, or other peroxide products may stain your skin. This staining can usually be removed with soap and water.

Avoid using skin products that can cause irritation, such as harsh soaps, shampoos, or skin cleansers, hair coloring or permanent chemicals, hair removers or waxes, or skin products with alcohol, spices, astringents, or lime.

Stop using hydroquinone and call your doctor at once if you have: severe skin redness, burning, or stinging severe skin dryness, cracking, or bleeding blisters or oozing or blue or black discoloration of the skin (especially if you are Hispanic or African-American).

Side effects include: Mild skin irritation and sensitization (e.g., burning, erythema, stinging). This is not a complete list of side effects and others may occur.

Hydrocortisone – a topical steroid that is used to treat inflammation and itching caused by skin conditions that respond to steroid medication & may also be used for purposes not listed in this medication guide.

Steroid medicines can increase the glucose (sugar) levels in your blood or urine. Tell your doctor if you have diabetes.

Do not give hydrocortisone topical to a child younger than 2 years old without medical advice.

Ask a doctor before using this medicine if you are pregnant or breastfeeding.

Do not take by mouth. Topical medicine is for use only on the skin.

Read and carefully follow any Instructions for Use provided with your medicine. Ask your doctor or pharmacist if you do not understand these instructions.

Wash your hands before and after using hydrocortisone, unless you are using this medicine to treat the skin on your hands.

Apply a thin layer of medicine to the affected skin and rub it in gently. Do not apply this medicine over a large area of skin unless your doctor has told you to. Do not cover the treated skin area with a bandage or other covering unless your doctor tells you to. Covering treated areas can increase the amount of medicine absorbed through your skin and may cause harmful effects.

Store at room temperature away from moisture and heat. Do not freeze. Keep the bottle tightly closed when not in use.

Call your doctor at once if you have: worsening of your skin condition redness, warmth, swelling, oozing, or severe irritation of any treated skin high blood sugar increased thirst, increased urination, dry mouth, fruity breath odor or possible signs of absorbing this medicine through your skin weight gain (especially in your face or your upper back and torso), slow wound healing, thinning or discolored skin, increased body hair, muscle weakness, nausea, diarrhea, tiredness, mood changes, menstrual changes, sexual changes.

Less serious side effects may be more likely, and you may have none at all.

Kojic Acid - Kojic acid is made from several different types of fungi which inhibits and prevents the formation of tyrosine, which is an amino acid that's needed to produce melanin. Melanin is the pigment that affects hair, skin, and eye color. Because it inhibits the production of melanin, kojic acid can have a lightening effect.

Contact dermatitis is the most common side effect of kojic acid. It can manifest itself as redness, irritation, itchiness, rashes, swollen skin, or pain and discomfort. Contact dermatitis is most common in those with sensitive skin.

Over time, long-term use of kojic acid may make your skin more susceptible to sunburn. Keep this in mind, and be particularly mindful of using sunscreen or wearing protective clothing. You should never use kojic acid on damaged or broken skin.