

# Your Personalised Prescription-Only Treatment

## Patient Information Leaflet

by RPM Derma

*This treatment has been prescribed specifically for your skin. Please read carefully before use. If you have any questions, please contact RPM Derma or your prescribing clinician directly.*

### Starting Your Treatment

When starting treatment, introduce use gradually to minimise irritation and allow your skin to adapt.

For use on **skin of colour**

**Week 1:** Apply twice per week only.

**Week 2:** Apply three times per week only.

**Week 3 (+):** If tolerated, apply once daily.

For use on **white skin**

**Week 1:** Apply twice per week only.

**Week 2:** Apply three times per week only.

**Week 3 (+):** If tolerated, apply once daily.

For use on **sensitive skin** (skin of colour or white)

**Week 1:** Apply twice per week only.

**Week 2:** Apply three times per week only.

**Week 3 (+):** If tolerated, apply once daily.

### Application Instructions

Apply a thin, even layer to affected areas only.

**Melasma treatment only:** Apply a thin, even layer to the affected areas plus ~1 cm around the visible border.

### What to Expect

**Weeks 1-3:** Mild peeling, dryness, or tingling may occur.

**Weeks 6-8:** Start to see visible signs of improvement, with consistent use and sun protection.

**Week 8 (+):** Continued improvements. Follow-up consultations may be required for treatment adjustments.

### Storage & Expiry

Expires 34 days from dispensing. The exact expiry date can be found on the product label.

Reorder at least 7 days before the expiry date to avoid treatment gaps.

Store in a cool, dry place away from heat and direct sunlight.

Do not refrigerate unless instructed.

Keep out of reach of children.

### Possible Side Effects

Most side effects are mild and settle as your skin adjusts. Overuse can increase risk of irritation and pigmentation.

**Common:** Dryness, peeling, tightness, mild redness or stinging.

**Less common:** Increased sun sensitivity, temporary darkening before lightening, post-inflammatory hyperpigmentation if overused.

**Rare:** Allergic reaction (widespread rash, swelling, severe burning). Seek medical advice if this occurs.

### Important Information

Reorder at least **7 days** before the expiry date to avoid treatment gaps.

### Cautions & Warnings

For external use only. Wash hands after application and avoid contact with eyes, mouth, nostrils and mucous membranes.

Avoid waxing, laser, microneedling, chemical peels, or sunbeds on treated areas during active use.

Do not combine with other prescription creams unless advised by your clinician.

If severe redness, swelling, blistering, pain, or signs of infection occur, stop use and contact your clinic.

Avoid use on broken/irritated skin and avoid layering with other active acids/retinoids, unless advised.

#### If Your Product Contains Hydroquinone

Treatment should not exceed 5 months. A break of 2 months must be adhered to before treatment can recommence.

Do not stop abruptly to reduce rebound pigmentation. Taper as follows:

Every other night for 1 week → Twice weekly for 1 week → Stop or switch to maintenance as advised.

Apply SPF 30–50 daily.

Do not use during pregnancy or whilst breastfeeding.

#### If Your Product Contains Tretinoin

Apply in the evening only.

Apply SPF 30–50 daily.

Use a gentle cleanser and a non-comedogenic moisturiser to maintain barrier function.

Do not use during pregnancy or whilst breastfeeding.

### Practical Tips

- Apply a pea-sized amount ~ 2 pumps, for the whole face, unless otherwise advised.
- Moisturise regularly; consider layering treatment between your moisturiser, if sensitive.
- Apply SPF 30-50 daily and reapply every 2–3 hours, if outdoors.
- If you miss a dose, apply at the next scheduled time – do not double up.

### When to Seek Help

Severe or persistent irritation beyond 7 days despite reducing frequency.

Any signs of infection (oozing, yellow crusts, increasing pain).

Unexpected worsening of pigmentation or new symptoms.