

**Emil A. Tanghetti, M.D.**  
www.dermatologyandlasersurgery.com

916.454.5922  
916.454.2156 fax

**CENTER FOR DERMATOLOGY AND LASER SURGERY**

5601 J Street  
Sacramento, CA 95819

Patient:

Procedure Date:

**PATIENT INSTRUCTIONS PHOTODAMAGE**

**AM:**

1. Wash with a nonsoap cleanser
2. Apply (hydroquinone) on dark areas.
3. Apply a benign (gentle) moisturizer
4. Apply SPF 30+ with zinc oxide, reapply often through day

**PM:**

1. Wash with a nonsoap cleanser
2. Apply (hydroquinone) on dark areas.
3. Apply a benign (gentle) moisturizer
4. Wait 10-15 minutes, then apply (Vitamin A) Cream.  
(Avoid eyelids, corners of nose and corners of mouth)
  - No scrubs or cleansing brushes (while acclimating)
  - No irritants (glycolic, AHA, BHA, etc.)
  - No toners
  - No waxing
  - Do not apply when skin is HOT (after showering, workout)
  - Can not use if pregnant or nursing or trying to become pregnant

*If you have any questions, please call us in the Skin Corner.*

---

**This is not a prescription.**

**Emil A. Tanghetti, M.D.**

[www.dermatologyandlasersurgery.com](http://www.dermatologyandlasersurgery.com)

916.454.5922

916.454.2156 fax

**CENTER FOR DERMATOLOGY AND LASER SURGERY**

5601 J Street

Sacramento, CA 95819

---

Patient:

Procedure Date:

*These steps are very important for ensuring you have the best experience while acclimating to this active prescription. Some dryness, flaking, or redness is normal, and you may need to use more of your benign moisturizer during this time. If discomfort is excessive please call the Skin Corner for further instructions. Results will be seen after several months of consistent nightly use.*

*Please Note: We are unable to return any prescription due to regulations. Thank you for understanding.*

---

**This is not a prescription.**