



WIFH Brightening Pad Instructions

Our **WIFH Brightening Pads** contain a prescribed percentage of hydroquinone, an ingredient that helps slow the production of melanin — the pigment responsible for dark spots and uneven tone. These brightening pads target sun damage, freckles, age spots, and melasma, gradually revealing a clearer, more balanced complexion with consistent use.

Before Starting Your WIFH Brightening Pads:

- Avoid direct sun exposure and tanning beds. Always use a broad-spectrum sunscreen with at least SPF 30 daily while using hydroquinone. Continued sun exposure can cause new pigmentation to develop.
- Inform your provider if you are pregnant, breastfeeding, or planning to become pregnant during treatment. It is not known if hydroquinone is safe for use during pregnancy or while nursing.
- If you have any known skin sensitivities or allergies, please discuss them with your provider before starting.

How to Use:

- Apply one pad to clean, dry skin in the affected area at night before bed.
- Avoid applying to areas of unaffected skin. Use only as directed, do not use in larger amounts or more frequently than prescribed.
- Be careful to avoid contact with eyes, mouth, or mucous membranes. If accidental contact occurs, rinse thoroughly with water.
- Wash your hands before and after applying the product.
- Over time, the pads may naturally darken or appear brown, this is normal, and they are still safe to use.
- Store the container at room temperature, away from heat and moisture. If pads appear dry, shake the container to redistribute the solution.
- For best results, use consistently as directed. Results are gradual and improve with continued use and sun protection.

While Using Your WIFH Brightening Pads:

- Your skin may be more sensitive to sunlight, wind, or cold weather. Protect your skin with sunscreen and moisturizer as needed.
- Do not use additional bleaching or exfoliating products unless instructed by your practitioner.
- Continue a daily broad-spectrum SPF 30+ and avoid tanning.

Possible Side Effects:

Mild side effects are uncommon but can include:

- Temporary **redness, dryness, itching, or mild irritation** at the application site.
- **Increased sun sensitivity.** Daily sunscreen use is essential while on treatment.

Discontinue use and contact our office immediately if you experience:

- Persistent irritation or rash
- Signs of an allergic reaction such as hives, swelling, or difficulty breathing
- For urgent concerns, seek immediate medical attention.

If you experience any side effects, have questions about your routine, or need to refill your WIFH Brightening Pads, please contact our office at (404) 832-0300.