PRESCRIPTION STRENGTH HYDROQUINONE PRODUCTS

Opaque with partial sunblock
Eldopaque Forte*

Non Opaque
Eldoquin Forte* Cream
Melanex Solution
Soloquin Forte* Cream or Gel

Sun Protection
Absolutely strict sun avoidance or protection is imperative since the ability of the sun to darken melasma is much greater than the ability of bleaching medications to lighten it. The following sun protection measures apply both on sunny and cloudy days because ultraviolet skin-darkening rays of sun reach your skin even through clouds.

Hats and Non-Opaque Sunscreens:
Every day that you are outdoors for even a few minutes, apply a non-opaque sunscreen. The label of sunscreens includes an SPF (Sun Protection Factor). Pick one with an SPF of 30 or greater.

Extra protection can be obtained by wearing a hat that shades your face. Do not rely exclusively on hats, however, because reflected light will still reach your face while wearing a hat.

Opaque Sunblocks:
When significant outdoor exposure is unavoidable, the best method of protection is an opaque sunblock. Opaque sunblocks contain large amounts of zinc oxide, titanium dioxide, or red petrolatum. Examples include the following trade names: Afil cream, Maxafil cream, RVPaque, and Zinka cream.

Opaque Cover-up Cosmetics:
These also act as effective sunblocks if applied thickly. This gives a "made-up" appearance. Examples include: Dermablend (by Dermablend), Covermark (by Lydia O'Leary), Continuous Coverage (by Clinique), Pan-Stick and Pan-Cake. The first two provide the heaviest coverage. If these are used, separate sunscreen products are necessary. A separate information sheet is available about these products.

*Eldopaque Forte brand of hydroquinone contains a partial opaque sunblock. However, an additional sunscreen should be used with it, since it is not a totally opaque sunblock.

**Soloquin Forte brand of hydroqinone contains a non-opaque sunscreen. If this brand is used, it should be supplemented with a regular high SPF sunscreen that will provide better sun protection.