



GROOT'S CREAM INSTRUCTIONS

Groot's cream is a high intensity pre and post treatment regimen designed to help prevent and/or treat pigmentation. It is important to follow the directions precisely.

Month 1: Groot's cream is typically started 2-4 weeks prior to laser/light treatment. This tube contains 8% Hydroquinone and should last 30 days. After cleansing the skin, apply a thin film at night only. Do not use it in the morning ever. After the treatment, restart the Groot's cream nightly after the peeling is complete, typically 3-5 days later, depending on what treatment has been done.

When this tube is almost empty, please call the pharmacy and they can compound the next step for you. KNOW IT MAY TAKE 5-7 BUSINESS DAYS FOR THE PHARMACY TO MAKE THIS.

Month 2: This tube contains 6% Hydroquinone and should last 30 days. After cleansing the skin, apply a thin film at night only. Do not use it in the morning, ever. After the treatment, restart the Groot's cream nightly after the peeling is complete, typically 3-5 days later, depending on what treatment has been done.

When this tube is almost empty, please call the pharmacy and they can compound the next step for you. KNOW IT MAY TAKE 5-7 BUSINESS DAYS FOR THE PHARMACY TO MAKE THIS.

Month 3: This tube contains 4% Hydroquinone and should last 30 days. After cleansing the skin, apply a thin film at night only. Do not use it in the morning, ever. After the treatment, restart the Groot's cream nightly after the peeling is complete, typically 3-5 days later, depending on what treatment has been done.

When this tube is almost empty, please call RejuvenationMD to get an appointment to discuss weaning off the Groot's cream and starting a brightening cream that can be continued indefinitely, if needed.

ACKNOWLEDGMENT: I UNDERSTAND I AM RESPONSIBLE FOR CONTACTING THE PHARMACY AND RMD AS DESCRIBED ABOVE TO ENSURE COMPLIANCE WITH THE TREATMENT REGIMEN.

Patient Name (Printed): _____ **Date:** _____

Patient Signature: _____