

**What it is:**

ABMD Brightening Cream is a unique skin brightener combining Kojic acid and Vitamin C fortified with HPR, Vitamin A, and a hydroquinone alternative, Arbutin. This brightening cream enhances skin renewal and may improve the appearance of uneven skin tone, hyperpigmentation, sun damage, and melasma.

Why it's special:

- It's compounded just for you and can be customized.
- It doesn't include hydroquinone, which can be irritating on some skin types.

Instructions for use:

- Apply a small amount of ABMD Brightening Cream to the inner elbow as a test spot, and wait two days. If there is no redness or reaction, it may be applied to the face.
- Apply ABMD Brightening Cream simultaneously with Hydrocortisone 2.5% cream, given as a prescription for irritation or itchiness for two weeks at a time for emergencies. Do not use it for more than two weeks at a time. If a prescription was not received, please reach out to the office.
- If applying to the whole face, apply a pea-sized amount. If applying to specific spots of concern, apply a very small amount.
- Apply every other night to affected areas/whole face for the first month, then every night.

Other information:

- In the rare case of a persistent reaction, stop using the ABMD Brightening Cream and inform the office.
- If you finish the product, please feel free to call our office to pick up more or visit our online store at <https://shop.bderm.com/>.

Main ingredients:

- Vitamin A
- Kojic Acid
- Vitamin C
- Arbutin



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McLean office phone: 703-893-1114

Other common procedures offered:

Acne scarring • Pearly Penile Papules • Mole Removal • Tattoo Removal • Laser Hair Removal • Laser Resurfacing • Laser for Brown Spots and Red Spots • Vaginal Rejuvenation/Tightening • Intimate Lightening • Skin Tightening • Chemical Peels • Sclerotherapy • Fillers • Botox • Kybella

Revised 05/2025

What it is:

ABMD Brightening Pads are a unique skin brightener combining Kojic acid and Vitamin C fortified with HPR, Vitamin A, and a hydroquinone alternative, Arbutin. These brightening pads enhance skin renewal and may improve the appearance of uneven skin tone, hyperpigmentation, sun damage, and melasma.

Why it's special:

- It doesn't include hydroquinone, which can be irritating on some skin types.

Instructions for use:

- Empty the powder contents into the liquid and shake for about 2 minutes until all the crystals are blended. Then, pour that solution into the pad jar and re-seal.
- Once compounded, these are stable for 60 days.
- Apply pad to affected area with hyperpigmentation every night. Start using every other night for tolerance, then every night. Wash hands directly after application.
- For dryness, use additional moisturizer over the medication.
- Hydrocortisone 2.5% cream is given as a prescription. Start its use only for irritation and itchiness if needed. Apply hydrocortisone twice daily for up to 2 weeks per month. If a prescription was not received, please reach out to the office.

Other information:

- In the rare case of a persistent reaction, stop using the ABMD Brightening Pads and inform the office.
- If you finish the product, please feel free to call our office to pick up more or visit our online store at <https://shop.bderm.com/>.

Main ingredients:

- Vitamin A
- Kojic Acid
- Vitamin C
- Arbutin



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Other common procedures offered:

Acne scarring • Pearly Penile Papules • Mole Removal • Tattoo Removal • Laser Hair Removal • Laser Resurfacing • Laser for Brown Spots and Red Spots • Vaginal Rejuvenation/Tightening • Intimate Lightening • Skin Tightening • Chemical Peels • Sclerotherapy • Fillers • Botox • Kybella

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