

Tri-Luma (Triple Lightening Cream)

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For questions or an appointment, call (806)797-1202

Tri-Luma/Triple Lightening Cream is a medication used to treat melasma and other hyper-pigmented areas of the skin. It is a combination of three medications:

Tretinoin (Retin-A) – a skin peeling agent to allow better penetration

Hydroquinone – the main bleaching agent

Fluocinolone acetonide or Triamcinolone – a mild steroid to minimize irritation

How to use: Apply Tri-Luma/Triple Lightening Cream to the affected areas once a day (preferably at bedtime) for at least 6-8 weeks and then as needed thereafter. If you overlap onto normal colored skin – that is OK since it will not tend to lighten normal skin.

Important points:

***Sun avoidance** and regular use of sunscreens is imperative since even one day in the sun will set you back to square one.

*Be advised that Tri-Luma is **expensive** costing around \$110.00 and is often not covered by insurance since it is considered a “cosmetic” medication. Triple Lightening Cream is a compounded medication composed of the same three medications for half the cost. This will be sent to a specialty pharmacy.

*It may take **6-8 weeks to appreciate results** – if you have not responded in that time frame then you should discontinue the cream since it is ineffective.

*Mild to moderate redness, peeling, burning, dryness or itching may be experienced.

* Tri-Luma/Triple Lightening Cream contains hydroquinone, which may produce exogenous ochronosis, a gradual **blue-black darkening** of the skin, whose occurrence should prompt discontinuation of therapy.

NOTE: This is not a comprehensive information sheet. If you desire complete drug information, contact the pharmacist or refer to the “package insert”.