

Solage Handout

How to Use Solage

Solage® (pronounced So-la-JAY) is a medication used to lighten dark spots on the skin that have resulted from sun exposure. These spots called "lentigines" are also referred to as "sun spots" or "liver spots". This medication is available by prescription only.

Solage is a combination of two active ingredients: mequinol (2%) and tretinoin (0.01%). Mequinol stops the skin from making the pigment (melanin) responsible for creating the dark spots. Tretinoin, the active ingredient in Retin-A, helps the skin to renew itself and decreases the amount of pigment in the skin. These two ingredients act together and are more effective than either one used alone.

What to Expect

Solage is dispensed as a liquid that is packaged in a bottle with an applicator tip. Studies have shown that the majority of patients experience moderate or significant improvement after several months of treatment. Although some patients may see changes after just a month or two, it may take six months of use to see the full effect of the medication.

Solage only lightens dark spots temporarily. It does not provide a permanent cure. Patients who stop using the medication may notice a darkening of the spots over time. This return of the dark spots usually takes place over several months.

You may notice some redness, irritation or slight peeling of the skin when you first start using the medication. You may also notice a lightening of the skin surrounding the spot being treated.

How to Use

- Apply the medicine twice a day at least 8 hours apart. Most people find it convenient to apply it once in the morning and again in the evening.
- Use the applicator tip to apply enough medicine to make the affected areas appear moist. Using more medication will not provide any benefit and will increase the chances that your skin will become irritated.
- You should not shower or bathe for at least six hours after applying the medicine.
- You can use cosmetics or moisturizer 30 minutes after application of the medicine. You may find that using moisturizers reduces skin irritation.
- If you miss a dose, skip it. Do not double up any doses.
- Stop treating any spots that become the same color or lighter than your normal colored skin.
- Please contact us if the skin surrounding the spot becomes lighter than your normal skin. We may choose to stop treating that spot.
- Please contact us if the skin irritation from the medication becomes severe.
- Please contact us if your age spots get darker in color.
- Please contact us prior to making any changes to your treatment plan.

Precautions

- Pregnancy: Solage is not recommended during pregnancy or when breastfeeding. You must let us know if you are pregnant or if you may become pregnant.
- Avoid windburned or sunburned skin, and open wounds.
- Do not use Solage around your eyes, lips, creases of your nose or mucous membranes.
- Avoid other irritating skin products.
- Avoid exposing your treated skin to sunlight, wind or cold weather. This may lead to additional irritation. Regularly use a sunscreen that is rated SPF 15 or higher. Also, wear protective clothing and hats.