

### **VANIQA (EFLORNITHINE) CREAM**

Vaniqa is a topical cream which is used for the treatment of unwanted facial hair. This is a very safe medicine when used appropriately. It is available only by prescription. Because the removal of unwanted facial hair is considered a cosmetic procedure by most insurance companies, it is unlikely that your prescription plan will cover the cost of this therapy. Since you will pay the full price yourself, it is helpful to shop around since different pharmacies charge significantly different amounts for self pay medications.

Vaniqa does not make unwanted facial hair disappear. Rather it decreases the rate at which hair grows, therefore patients using Vaniqa cream must continue their methods of hair removal while using the cream. Vaniqa decreases the frequency in which these hair removal methods must be used. Its beneficial effects may take as long as three to four months to be established.

A thin layer of Vaniqa cream should be applied to the sites of unwanted hair growth twice daily at least 8 hours apart. The treated area should not be washed for at least one hour after application. It is safe to apply makeup over the treated areas once the cream is dry. You should wait at least five minutes after removing hair to apply the cream.

Vaniqa is well tolerated by most patients. As with any topically applied medication, there is a slight chance of some minor skin irritation at the site using the cream.

Vaniqa often helps many patients with their hair removal techniques. Unfortunately, once it is discontinued, the hair returns to its normal growth cycle and women have to continue their methods of hair removal on a more regular basis.

The only possible permanent methods of hair removal are laser or electrolysis. Unfortunately, in most situations, multiple treatments are required and there may be significant cost. Even patients who are using laser or electrolysis often use Vaniqa to decrease the hair growth. If you are interested in one of these permanent techniques, I can supply you the names of treatment locations.

If you have any other questions regarding the Vaniqa cream, please ask me before you leave the office.