

**Super Speciality Centre For Vitiligo (Leucoderma)**  
**22-8-471 , Purani haveli, Near City Civil Courts, Hyderabad**  
**9866303598, 9490248566**  
**Website: [www.vitiligo-specialist.com](http://www.vitiligo-specialist.com)**

**How to achieve great results from our treatment.**

**Please follow these simple methods:**

- 1) Use the right amount of Application powder, and exposing to early morning and evening sun rays will be extremely beneficial to skin and for re -pigmentation.
- 2) Do not use normal soaps and shampoo, use only Medimix or Margo soap & Herbal shampoo to avoid damage to already delicate & susceptible skin. Using Baby Shampoo is the perfect answer.
- 3) Do not use any ointment and cream with antibiotics, especially containing steroids as they may damage or destroy Melanocytes (coloring pigment) present just under the skin. Consult your doctor about it.
- 4) Line of treatment should be to ensure proper oxygenation and blood circulation by giving treatment for liver, gall bladder and adrenal glands.
- 5) Take sunbath thrice a day, for 10-15 mnts.
- 6) Drink half a glass of hot water first thing in the morning.
- 7) Controlling the intake of normal salt will be beneficial
- 8) 20-25 ml of fresh juice of the following green leaves and vegetables (where ever available) has been found to be useful : Leaves of Amaranth, Spinach, leaves of Meethi, cucumber, leaves of mint, tulsi or cabbage, coriander and neem leaves.
- 9) It is good to avoid citrus family and spicy foods so as to control the production of phlegm.