



## *Melasma/Lentigines/Post-Inflammation Hyperpigmentation*

Skin darkening is called epidermal hyperpigmentation, and is caused by deposits of too much melanin (normal skin pigment) in the skin. Melasma is a blotchy brown discoloration of the face caused by pregnancy, birth control pills, or normal female hormones. This discoloration is frequently worsened by the sun and is **exquisitely** sensitive to very small amounts of sunlight. Lentigines (age spots, liver spots) are brown spots induced by sun exposure and most often seen on the face and backs of the hands. Post-inflammatory hyperpigmentation is the darkening of an area of skin after an inflammatory process has occurred in that area, such as the dark marks some people experience when acne heals.

### ***Suggested Therapies:***

- Use a minimum 45+ sunscreen in the summer, at the beach, etc.
- Use a daily, year-round minimum 30+ SPF moisturizer or foundation.
- Use Retin-A or Renova all over the affected and surrounding area every night.
- Use bleaching creams such as Lustra and Solaquin Forte in the morning and the evening. Apply these only on the dark areas. It can lighten normal surrounding skin if not applied carefully. Discontinue if excessive irritation develops.
- Triluma is a combination product containing bleach, Retin-A, and a steroid. It is applied every night to the affected area. Once the discoloration has resolved or adequately faded, you may either discontinue the Triluma or continue weekly maintenance. If the discoloration recurs, reinitiate treatment every night until clear then use weekly for maintenance. Triluma should not be used on an area for more than six months. **Do not use Triluma if you are attempting pregnancy, pregnant or breastfeeding.**
- Glycolic acid products should be used in the morning and the evening. Discontinue if excessive irritation develops.
- Azelex cream
- A series of chemical peels (may be used in addition to the above) may be helpful in eliminating discoloration.

Treatment is difficult and response to treatment is variable and partly depends on the depth of the discoloration. Darkening may occur again at a later date, **especially with further sun exposure**. Melasma associated with pregnancy may improve after delivery.

### ***For Questions or Emergency Care:***

Call the office at **601-815-3374**. You may need to speak with the doctor on-call.