

Melasma:

Melasma is a condition that consists of darkened and asymptomatic patches along sun-exposed areas of the face. The condition is commonly associated with female hormones and may be associated with pregnancy, birth control pills or hormone replacement therapy. The changes most often appear on the cheeks, forehead, nose or upper lip.

Treatment Options:

Treatment options can include chemical peels, topical retinoids and skin lightening creams, laser treatments or the discontinuation of hormone prescription medications. The mainstay of treatment also consists of avoiding sun exposure.

Topical Medications:

We often compound topical medications that include several ingredients that treat melasma. These ingredients include:

- Hydroquinone
- Tranexamic Acid
- Kojic Acid
- Tretinoin
- Hydrocortisone
- Vitamin C
- hyaluronic acid

We send these to a specialty pharmacy that will compound them for \$45 dollars.

Note: Dryness, sun-sensitivity or mild irritation may occur.

- If significant irritation occurs, you may reduce treatment to every-other-night for two weeks.
- Avoid eyebrow waxing while using a compound with tretinoin or kojic acid.
- Dryness and peeling is expected when using these creams as our goal is to increase cell turnover to shed the darkened layers of skin.



bliss dermatology
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Sun Protection:

- A sunscreen should be worn daily and reapplied every two hours if in the sun.
- It is recommended that a hat be worn outside during daylight hours and UV tints be placed on car windows.
- Sunscreen should be Mineral or Physical sunscreen - Zinc Oxide or Titanium Dioxide should be the active ingredients.