



DermatologyTimes®

Clinical Insights That Expand Expertise and Advance Practice

Let's talk about melasma

Lisette Hilton | August 15, 2019

Melasma and Hyperpigmentation Treatments, Aesthetic

It's difficult to predict who will develop melasma, according to Calabasas, Calif., dermatologist **Anna Guanche, M.D.**

"It usually starts in your late 20s or early 30s and then progresses. Although all skin types may develop it, types III through IV can have the most difficult time camouflaging the robust pigment that develops," **Dr. Guanche** says.

Dr. Guanche recommends sun protection with an SPF greater than 40 daily and 60 when outdoors.

"I have found that a cosmetic primer can augment the effects of the sunscreen by making it stay put. Dermablend makes a sticky jelly primer that I love to recommend. Also, [I recommend] brighteners such as glycolic and azelaic acid for daytime, and hydroquinone with isotretinoin and kojic acid at night time," **Dr. Guanche** says. "Of course, avoidance of sun and heat is important, and possible change or discontinuation of oral contraceptives is only sometimes helpful. We offer superficial chemical peel series and shallow microneedling with active ingredient smears in conjunction with the skincare regimen."

Dr. Guanche also recommends what she calls "micro peel pads" by ZO. These have glycolic in them to provide daily exfoliation.

"This should be done only in conjunction with strict sunscreen use. Otherwise there is a risk of worsening the condition," **Dr. Guanche** says.

<https://www.dermatologytimes.com/melasma-and-hyperpigmentation-treatments/lets-talk-about-melasma/page/0/1>