



PIGMENTATION

MANAGEMENT OF MELASMA IN SKIN TYPE 4 & 5.

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Background: Melasma is one of the most common pigmentary disorder in skin of color. It causes major psychological impact and affects the quality of life. The precise cause of melasma is unknown, however there are many contributing factors. Because of its dermal component and tendency to relapse and risk of post inflammatory hyperpigmentation, management of melasma in skin of color is challenging.

Observation: Melasma being a chronic disorder, there is no perfectly satisfactory treatment available. To optimise the treatment, an early intervention and multi-disciplinary approach like counselling, camouflage techniques, strict photoprotection, removal of contributing factors, systemic and topical management and procedural management (like chemical peels, IPL, long pulse q switch Nd Yag lasers) is required to prevent relapses and achieve greater patient satisfaction.

Key note: The management of melasma is challenging and requires a long-term treatment plan, multimodality approach and maintenance therapy.

