

# TREATMENT RECOMMENDATIONS FOR PIH-MELASMA

## TOPICAL THERAPY

- Bleaching Preparations-HQ 2-10%, kojic acid, arbutin, licorice extract
- Triple cream (Kligman-Willis formula)
- Antioxidants (ascorbic acid, polyphenols)
- Retinoids (tretinoin)-accelerate cell turnover
- Anti-inflammatory agents (corticosteroid)

## SKIN RESURFACING

- Chemical peels: Jessner's Peels, mandelic acid, salicylic acid, glycolic acid
- Pigment-specific laser (Q-switched Nd:YAG 1064 nm)
- Non-ablative laser skin resurfacing (Thulium 1927nm)
- Microneedling

## ORAL THERAPY

- Tranexamic acid-250 mg twice daily inhibits melanogenesis