
Melasma

Melasma is a common skin condition that causes dark patches, most commonly on the face. It is caused by excess pigment (melanin) production, most often triggered by sun exposure, hormones, and heat.

Lifestyle & Prevention Tips

- Use a broad-spectrum tinted SPF 50+ daily and reapply every 2 hours when outdoors. Use sunscreen year-round as the skin is very sensitive to even small amounts of UV light.
- Wear a wide-brimmed hat and avoid peak sun hours (10 AM–4 PM).
- Avoid heat exposure such as hot yoga and saunas.
- Use lukewarm water when washing your face.
- Avoid harsh scrubs and irritating products.
- If on hormonal therapy or birth control, discuss with your provider if melasma worsens.

Daily Skincare Routine

Use a hydroquinone-containing cream for 2 months, then switch to a non-hydroquinone cream for 1 month before restarting the cycle (as advised by your provider).

- **Prescription (x2 months):**

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- **Prescription (x1 month):**
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Morning Routine

- 1. Gentle fragrance-free cleanser
- 2. Brightening serum (vitamin C or niacinamide)
- 3. Moisturizer
- 4. Sunscreen

Night Routine

- 1. Gentle fragrance-free cleanser
- 2. Prescription cream
- 3. Moisturizer

Pre-Cosmetic Procedure

- Stop prescription cream 7 days prior to treatments.

Consistency Is Key

Melasma improves gradually over months and can return with sun or heat exposure. Stick with your routine daily and follow up as directed.