



PENINSULA
DERMATOLOGY
and laser clinic

Melasma

A common skin condition that causes dark patches, most commonly on the face. It's 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 ultraviolet (UV) light.
- Wear a wide-brimmed hat and avoid peak sun hours (10 AM-4 PM).
- Avoid heat exposure like 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: _____ x 2 months

Prescription: _____ x 1 month

Morning:

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

Night:

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.