

Pigmentation

- Pigmentation including lentigines (sunspots) is due to UVA rays and is best prevented by utilizing daily cautious skincare with sunscreens that screen well against UVA and contain both zinc oxide and titanium dioxide, such as Eucerin Daily Protection with SPF 30, Wegman's Mineral Block Sunscreen, Vanicream/Vanicream Sport, or Cerave AM Cream with zinc/titanium dioxide.
- Post-inflammatory hypopigmentation results when the skin is inflamed and the pigment cells in the top layer of skin are wiped out. It does not result in stark white skin as one sees in vitiligo. It is completely reversible. After we agree upon the treatment that is best for you, follow-up will be arranged.
- Post-inflammatory hyperpigmentation results when the skin is inflamed and the pigment cells drop from the top layer of skin into deeper layers. It does not result in permanent discoloration. It is completely reversible. It can be made worse by sun exposure. Sunscreens with both zinc and titanium should be applied to this area daily. After we agree upon the treatment that is best for you, follow-up will be arranged.
- There are over-the-counter options, such as Roc Nighttime Multi-Correction serum for Oily Skin, ROC Multi-Correction Cream for Dry Skin, Mela-D by La Roche Posey (CVS), and Nerium (online), and also Triluma as a prescription bleacher that can be prescribed.