Jane Yoo MD

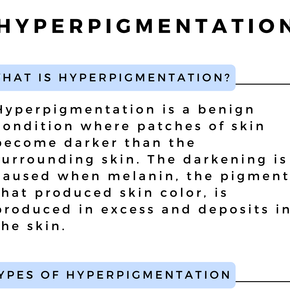
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APRIL 2022

NEWSLETTER

THE LATEST FROM DR. YOO REGARDING DERMATOLOGY AND SKIN CARE



HYPERPIGMENTATION

WHAT IS HYPERPIGMENTATION?

Hyperpigmentation is a benign condition where patches of skin become darker than the surrounding skin. The darkening is caused when melanin, the pigment that produced skin color, is produced in excess and deposits in the skin.

TYPES OF HYPERPIGMENTATION

1. **Sun Spots**

Also called age or liver spots, these patches of dark skin are caused by excess sub exposure and are often found on the face, hands, and other areas commonly exposed to the sun

2. **Post-Inflammatory Hyperpigmentation (PIH)**

Hyperpigmentation that is the result of injury or inflammatory condition. Common causes include acne, allergic reactions, infections, and injury to the face. Excess melanin is forms as a way to protect the skin. Darker skin is more prone to PIH.

3. **Melasma**

Large areas of darkened skin, commonly on the cheeks, upper lip, and forehead, that appear as a result of hormonal changes. Melasma is more common in women, especially during pregnancy or when taking birth control pills. It is commonly called "the mask of pregnancy."



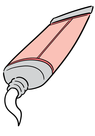




PREVENTION AND TREATMENT

1. Avoid excess sun exposure to prevent hyperpigmentation from becoming darker
2. Wear sunscreen daily
3. Avoid picking at the skin to prevent PIH
4. Topical creams that can help to fade pigment
5. Microdermabrasion
6. Chemical peels
7. Laser treatment











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CYSPERA Intensive Pigment Corrector

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Jane Yoo MD

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