

# ENRICH

DERMATOLOGY

COSMETIC CLINIC

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## Melasma

### Treatment Information Sheet

#### How do we treat melasma?

Melasma is a pigmentation issue on the face. It is usually seen in women but can happen in men too.

#### Treatment options

- Stopping the combined oral contraceptive pill or hormone replacement
- Strict sun avoidance
- Topical glycolic acid and gentle peels
- Topical vitamin C
- Bleaching preparations
- Topical vitamin A preparations
- Anti-inflammatory agents
- Regular treatments with low energy RevLite (Q-Switch Nd:YAG)
- The Cutera Excel and Genesis

#### Causes of melasma

- Genetics
- Ultraviolet (UV) light
- Hormones
- Skin irritation from creams, lasers, IPL, waxing and other means

#### When will I be able to see results?

Because treating melasma can be intricate, treatments for melasma often require a commitment to participate in a prolonged treatment program.

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**Call us on 03 9500 9500 to make an appointment with one of our specialists today.**

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