

Challenges in the Treatment of Melasma

Melasma is a common facial hyperpigmentation affecting predominantly females. It is a chronic and recurrent condition. Treatment of melasma has essentially been medical, relying on topical lightening creams and photo-protection. However achieving significant lightening and prevention of recurrence have always been a challenge. In this lecture, a new understanding on the pathomechanism of melasma will be presented, including the acknowledgment of melasma as a photo-aging disorder. Based on these findings, novel treatments involving energy and light devices as well as oral drugs will be discussed. These interventions, however, come with a price (potential side effects and complications) and management of unwanted sequelae is essential. To prevent recurrence, better sun-protection strategies have to be further explored.