

My approaches for refractory melasma

Jeng-Hsien LIN

Melasma is a common pigmentary problem in Asian people. There are many treatment modalities that target different pathomechanism of melasma, including topical agents, oral medication and energy-based devices. While most of the proved treatment can make melasma better to variable degree, there are still some patients whose melasma is refractory treatment. Moreover, recurrence is usually the rule. Recently, melasma is considered a photoaging disorder. Multiple epidermal and dermal components, as well as environmental factors and lifestyles, have impacts on the activity of melanocytes. It is therefore crucial to review the neglected factors when we deal with recalcitrant melasma. I will share my approaches as how to improve the treatment outcome, and reduce the recurrence rate.