

## Skin Melasma Treatment Protocol

Thank you for choosing Pūr Skin Clinic for your treatment. Proper patient education and care is essential to ensure an optimal experience.

### Understanding Skin Discoloration

Four of the most common types of skin discoloration are:

- **Melasma** – brown or grayish-brown patches, most often on the face
- **Sunspots** (*freckles or solar lentigines*) – caused by sun exposure
- **Age spots** (*seborrheic keratosis*) – raised or flat pigmented spots
- **Post Inflammatory Hyperpigmentation/Erythema (PIH/PIE)** - is a common skin condition characterized by darkened or red patches that develop after skin injury or inflammation.

These conditions can sometimes look very similar, which is why a proper skin assessment is so important.

### What is Melasma?

Melasma is a chronic skin condition caused by excess melanin (*the pigment that gives skin its color*). It often appears as symmetrical patches on the cheeks, forehead, upper lip, or chin.

Common triggers include:

- **Hormonal changes** (*pregnancy, birth control, genetics*)
- **Heat and light exposure** (*especially during summer*)

While melasma isn't harmful, it can be frustrating and affect confidence.

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## Treatment Options

Many treatments have been tried for melasma, but one of the most effective and safest approaches is the MOXI laser treatment.

- **How MOXI works:** Unlike traditional lasers that mainly treat the surface, MOXI targets deeper skin layers to address excess melanin at its source. It also treats skin texture.

- **Why it's effective:** MOXI operates at lower energy, reducing the risk of rebound hyperpigmentation (*when pigment worsens after treatment*).

- **Who it's for:** Safe for all skin types.

## Other options:

- **Combination therapy:** The safest and most effective way to treat both melasma and other pigmentation concerns is by starting with MOXI and, once the skin is stable, carefully adding on BBL HERO (*broadband based light high energy rapid output*) laser treatments if appropriate (*BBL HERO + MOXI combination laser*).

Traditional BBL/IPL (non-HERO) treatments are generally avoided in melasma.

BBL and IPL treatments are excellent for treating sunspots and redness but are not ideal as melasma treatment since the heat and light produced can worsen the condition and cause rebound pigmentation.

## Preparing Your Skin (*Pretreatment Plan*)

Before starting laser or other energy-based treatments, it's essential to prepare the skin with topical products that suppress melanin- because any heat or light-based treatment can make melasma worse!

### **2–3 weeks before laser treatment:**

- **Night:** Apply Pur's Prescription Brightening Cream (*hydroquinone, tretinoin, kojic acid, hydrocortisone combo*) nightly, avoiding the eye area.

- **Morning:** Use a melanin stabilizer (*SkinMedica Even & Correct or Alastin Aluminate serum*).

### **1 week before and 1 week after treatment:**

- Pause the prescription Brightening Cream.

- Use the stabilizer serum twice daily, including the day of your laser treatment.

**Restart:**

- Resume prescription Brightening Cream 1 week after your laser.
- Continue nightly for at least 2 weeks before your next session.
- Best results are achieved using the cream in 2-week cycles (2 weeks on, 2 weeks off), with laser treatment scheduled during the middle of the off weeks.

## Long-Term Management

Melasma is a chronic condition—there is no permanent cure, but it can be managed successfully with the right protocol and ongoing care.

**Most important step: Sun protection.**

- Wear a medical-grade mineral SPF 30+ daily, reapplying every 2 hours when outdoors (especially if sweating or swimming).
- Use a wide-brimmed hat (not just a baseball cap).
- Wear sunglasses.
- Seek shade and avoid peak sun (10 AM – 2 PM).

With a customized treatment plan and diligent sun protection, melasma can be significantly improved and kept under control.

**Important Note:** Anything that causes prolonged redness or inflammation in the skin can trigger melasma or PIH/PIE in patients predisposed to these conditions.

## Pur Skin Melasma Treatment – Quick Reference

### 1. Understanding Melasma

- Melasma = brown or grayish-brown patches (*usually on the face*)
- Triggered by hormones, heat, and light
- No cure, but it can be well managed with consistent treatment + sun protection

### 2. Treatment Approach

- MOXI Laser: Safely targets excess melanin and improves texture
- Combination Therapy: MOXI first → BBL HERO + MOXI only if skin is stable
- BBL HERO: May be added later for treatment of sunspots/redness
- Traditional BBL/IPL or any energy-based treatment may cause rebound pigmentation

### 3. Pretreatment Plan for Melasma Treatment and Prevention

### **2–3 weeks before treatment:**

- Night: Apply Pur's Prescription Brightening Cream (*avoid eye area*)
- Morning: Apply a melanin stabilizer (*SkinMedica Even & Correct OR Alastin Aluminate*)

### **1 week before & 1 week after treatment:**

- Pause Prescription Brightening Cream
- Use stabilizer serum twice daily

### **Restart:**

- Resume Prescription Brightening Cream 1 week after treatment
- Continue nightly for at least 2 weeks before next laser or energy-based treatment
- Best results = 2 weeks on / 2 weeks off (*treatment in the middle of off weeks*)

## **4. Long-Term Management**

- Daily medical grade mineral SPF 30+ – reapply every 2 hours outdoors Daily use of melanin stabilizer such as Aluminate or Even and Correct Serum Wear a wide-brim hat (*not just a baseball cap*)
- Seek shade & avoid 10 AM – 2 PM sun
- Use sunglasses

**Important:** Anything that causes redness or irritation can trigger melasma in sensitive skin.

Stay consistent, protect your skin from the sun, and follow your protocol — melasma can be managed beautifully.

**Thank you for trusting us with your aesthetic journey. If you have any questions or concerns, don't hesitate to contact your Pūr Skin Clinic healthcare team for personalized advice.**

*This handout is intended for informational purposes only and should not replace professional medical advice. Always consult with your healthcare provider before starting any new medication or making significant changes to your diet and exercise routine.*