Skin of Color – Aesthetic Implications

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Melasma

• Treatment Options
  • Topical Retinoids & Combination Therapy
  • Azelaic Acid
  • Hydroquinone
  • Chemical Peels
  • Cosmeceuticals
  • Lasers
  • Dermabrasion
  • Reassurance and Time

Do Lasers work in Melasma?

Disclosures

• I do perform clinical trials and/or consulting for a variety of entities, including Skinceuticals, Pfizer, Incyte, L’Oreal, Galderma, Allergan, AbbVie and others
• I will be discussing off-label uses of medications
• I do serve as a member of the US Food & Drug Administration, PCAC, but my talk represents my personal views and not that of the FDA.

#unfairandlovely: A new social campaign celebrates dark skin

A new global campaign on social media against colorism – #unfairandlovely – is challenging the idea that black is more beautiful than skin.

Do Lasers work in Melasma?
Q-switched Nd:YAG

- 27 female subjects, phototypes II–V
- Mixed-type melasma refractory to previous therapies
- Low-fluence QS Nd:YAG laser treatment of 1.6–2 J/cm² with 5 or 6 mm spot was administered immediately following microdermabrasion.


Q-switched Nd:YAG

- Daily application of a broad-spectrum sunscreen began immediately
- Subjects used a topical skin care regimen of hydroquinone with tretinoin or vitamin C. Treatments were repeated at 4-week intervals
- I always encourage → PRE-TREATMENT


Q-switched Nd:YAG

- Most subjects showed >50% clearance of their melasma 1 month after the first treatment.
- Side effects were limited to mild post-treatment erythema, which developed after the microdermabrasion and lasted approximately 30–60 minutes.
- Four subjects noted temporary exacerbation of melasma after inadvertent sun exposure, but this resolved within several weeks of resuming the topical skin care regime.
- Remission lasted at least 6 months.


Some of my favorite Chemical Peel cocktails!

- Jessner’s + TCA 20% for full face acne scars, especially when not deep boxcar or ice pick
  - Can do in skin of color
  - One layer after another
- Salicylic acid 30% and 10%-20% Mandelic for Acne Vulgaris
  - Works great for acne and also rejuvenation
  - Synergy between and alpha and beta hydroxy!
- TCA 10% immediately after microneedling for dark circles
  - Procedure only lasts about 5 minutes
  - Depth of 0.5mm → SHALLOW
Case Study

- 18 yo female new patient
- Presents with oozing, crusting, pain and low grade fever x 3 days
- No significant PMH
- No prominent dermatologic diseases in the past
- No new or recent medications
- Of note, patient has a flat affect
Glutathione

- Potent antioxidant → indirect inactivation of tyrosinase
- Assists in converting eumelanin → phaeomelanin
- Typically used orally
  - Also being given IV in Asia.
- Still controversial due to bioavailability, but some promising results in studies

Cosmetic Procedures

- Priming the skin for many aesthetic procedures is important in Skin of Color
- Sunscreen SPF30 should be used along with cosmeceuticals and consider inorganic sunscreens
- All retinoids, including OTC should be stopped 5-7 days prior to any aesthetic treatments, and GET HSV HISTORY!!
Questions / Comments

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