

Skin of Color – Aesthetic Implications

2021 South Beach Symposium

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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.

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#unfairandlovely: A new social campaign celebrates dark skin

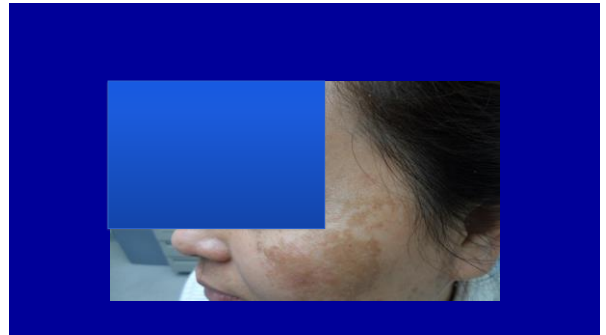
By Geeta Prabhu
BBC News, Delhi
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Mousha Yagoraph (left) and Yamsha Yagoraph are of Tamil descent

A new global campaign on social media against colourism - #unfairandlovely - is challenging the widely-held belief in many parts of the world that fair skin is more attractive

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Melasma

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

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Do Lasers work in Melasma?

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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.

Kauvar et al. Lasers in Surg and Med. 44:117-24 (2012)

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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**

Kauvar et al. Lasers in Surg and Med. 44:117-24 (2012)

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Kauvar et al. Lasers in Surg and Med. 44:117-24 (2012)

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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.

Kauvar et al. Lasers in Surg and Med. 44:117-24 (2012)

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Some of my favorite Chemical Peel cocktails!



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- 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

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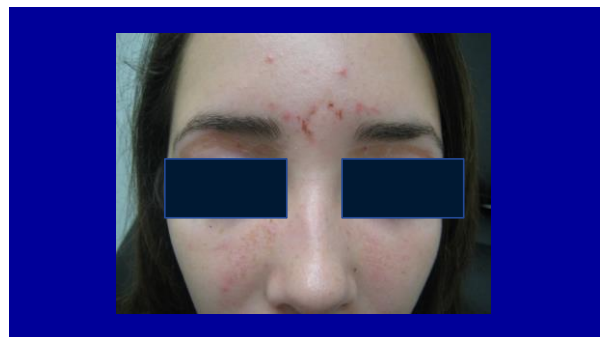


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Case Study

- 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

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Glutathione

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

Allen, J et al. J Altern Complement Med 2011; 17:827-33

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A New Skin Lightening Procedure Is Short on Evidence

BY ANDREW PATTAN | AUG. 26, 2017

RELATED COVERAGE

- [Creams Offering Lighter Skin May Also Bring Health Risks](#) | JUL 26, 2017
- [Where Beauty Means Bleached Skin](#) | JUL 26, 2017
- ['Skin Whiter' Ad Sparks Criticism in Thailand](#) | JUL 1, 2017

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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!!

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Diversity in Action

WHAT IS THE SKIN OF COLOR SOCIETY?
SOCS is...

- a professional dermatologic organization established in 2004
- dedicated to promoting awareness of and excellence within skin of color dermatology
- a forum for the exchange of information pertaining to skin of color
- committed to the education of health care providers and the general public on dermatologic health issues related to skin of color
- an active research supporter
- dedicated to professional collaboration including a mentoring program for younger members

Make our mission – your mission.

www.skinofcolorociety.org

CONNECT WITH US on social media!
info@skinofcolorociety.org

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Questions / Comments

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