

What's your take? Acne and PIH

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Acne PIH

Survey

- Caucasian women prioritized pimples as therapeutic endpoint
- Non-Caucasian women prioritized eradication of dyschromia

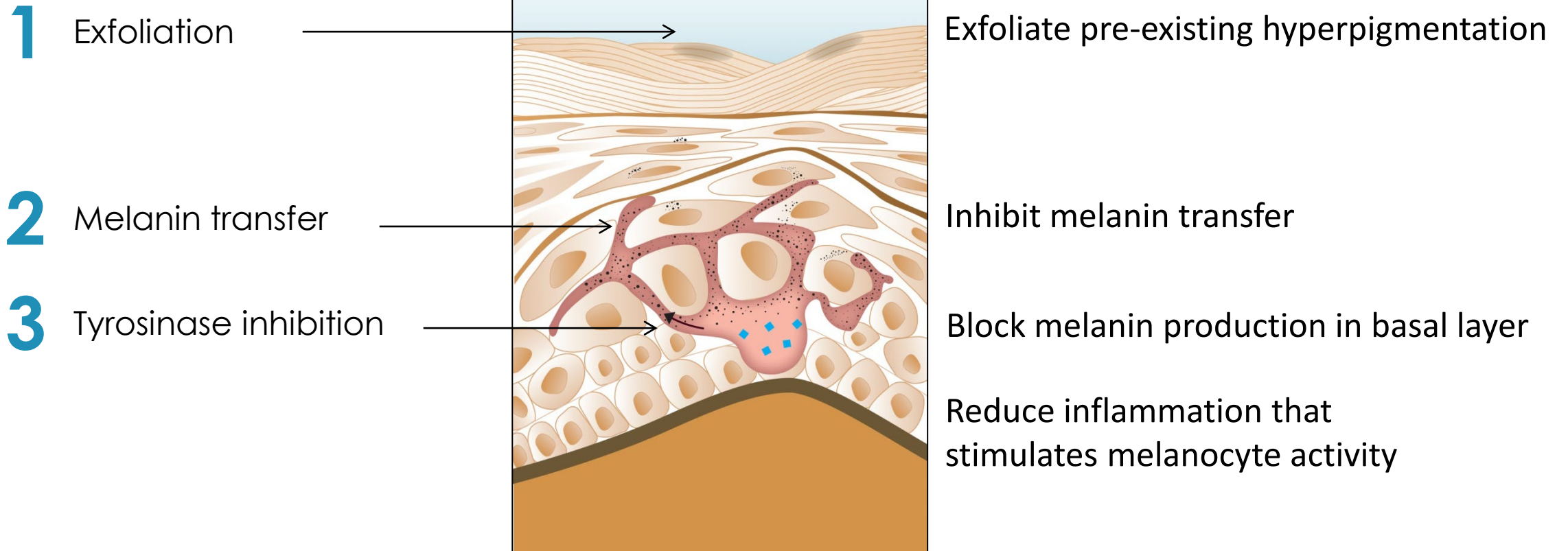
Can last 6-12 months

PIH macules are not burnt out

- Histopathologic studies reveal inflammation although not clinically evident

PIH = Persistent inflammatory pigmentation

Methods to reduce PIH



Chemical peels for PIH in SOC

HQ 4% BID X 2 weeks

SA peels Q 2w weeks for 2-3 min or frost

- 20% X 2
- 30% X 3

Restart HQ after second day

Topical retinoids, sunscreen for maintenance

PIH

- ❖ Tretinoin, HQ, azelaic acid GA, SA, KA
- ❖ Cosmeceuticals – soy, niacinamide, vitamin C, licorice extract, N-acetyl glucosamine, arbutin, lignin peroxidase
- ❖ Newer ingredients – TXA, cysteamine

Pigment Lightening

❖ Tyrosinase activity

- Hydroquinone
- Kojic acid – binds to copper
- Vitamins C and E, Azelaic acid
- Arbutin (bearberry plant)
- Licorice extract
- Fatty acids (linoleic acid) – tyrosine degradation

❖ Melanin Transfer

- Niacinamide (B₃) – melanosome transfer
- Soy (STI)

Pigment Lightening

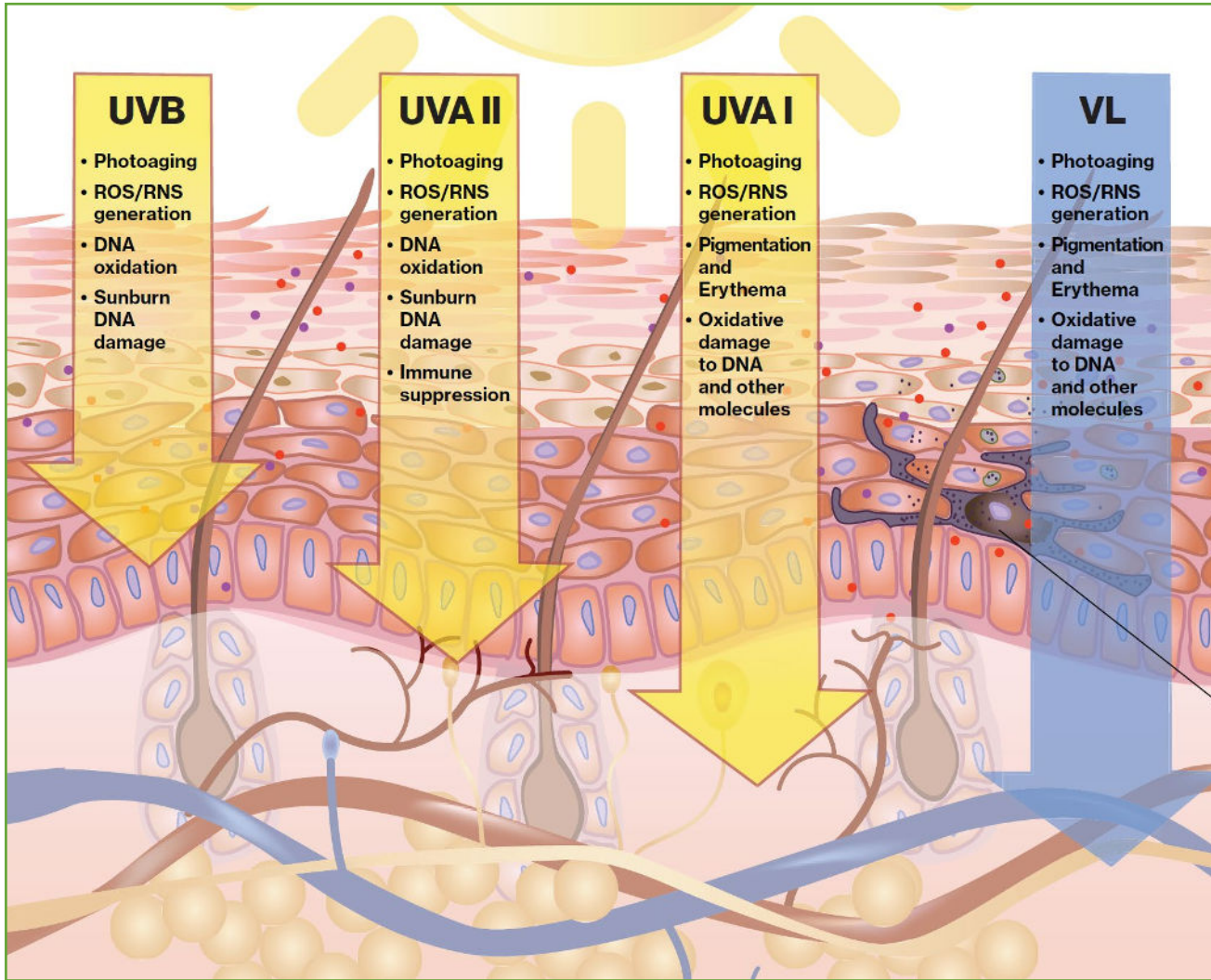
❖ Tranexamic Acid (TXA)

- Coagulation cascade (anti-plasmin) and melanin pathway (alpha MSH stimulation)
- Topical and oral

❖ Cysteamine Hydrochloride

- Depigmentation, antioxidant
- Decreases melanin synthesis in melanocytes
- Tyrosinase and peroxidase inhibitor
- Short contact daily, then maintenance

Not all sunscreens are created equal



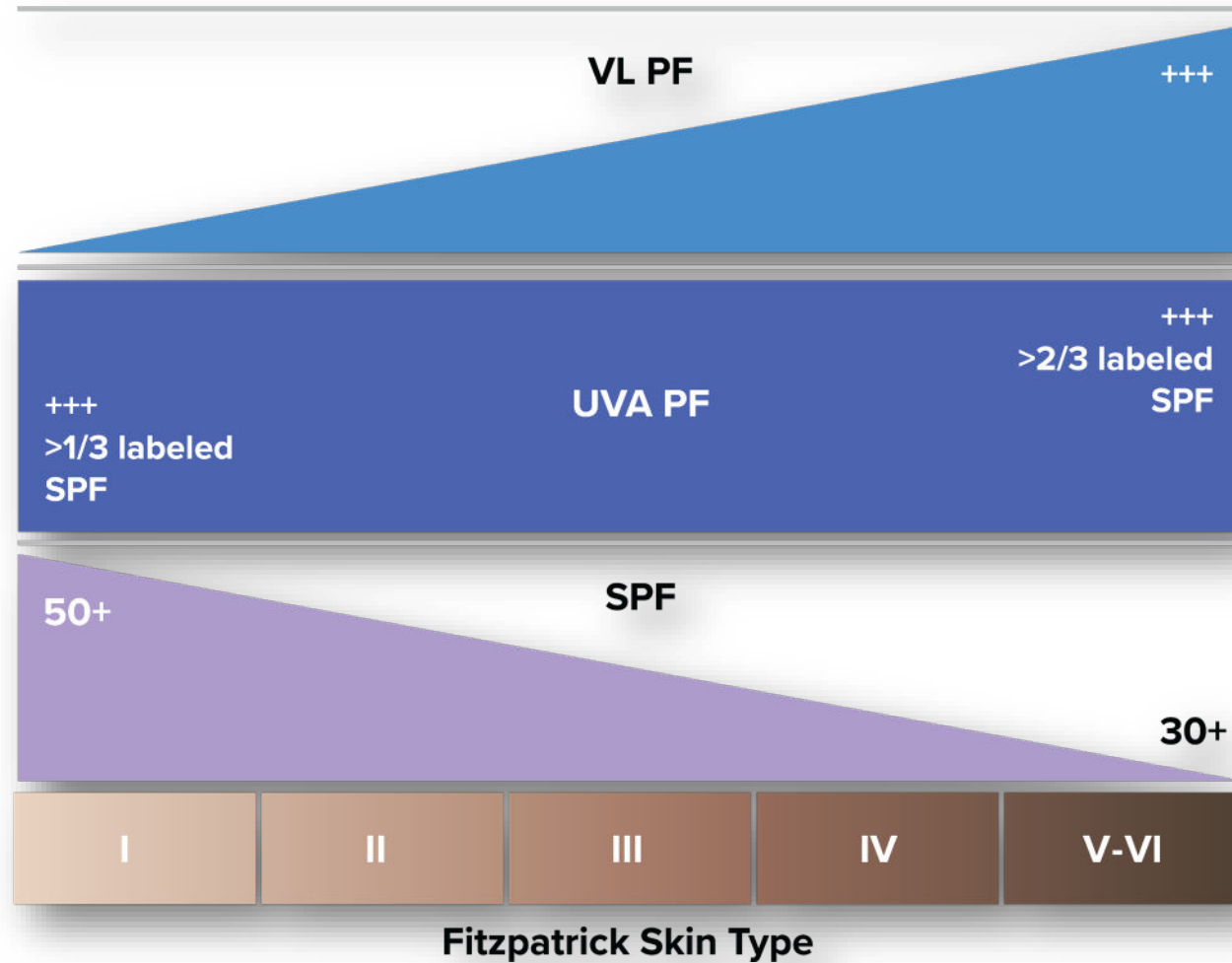
UVB/UVA II Skin Damage (covered by broad spectrum sunscreens)

UVA I/VL Skin Damage (not covered by broad-spectrum sunscreens)

New data show that visible light (VL) generates reactive species that lead to skin damage and pigmentation

Prominent in dark skin (Fitzpatrick IV-VI)

Personalized Photoprotection by skin type



Management of acne in patients with PIH

Avoid irritation

- Use products with good tolerability
- Consider creams instead of gels
- Consider newer creams with superior vehicles
- Every other day
- Moisturize before applying meds

Avoid pomades, cocoa butter, shea butter, mineral oil