

There have been described several mechanisms that produce hyperpigmentation. Among them is the stimulation of melanocytes by inflammatory mediators (IL-1-alpha or ET-1).

time, since the removal of dermal melanin is a very slow process.

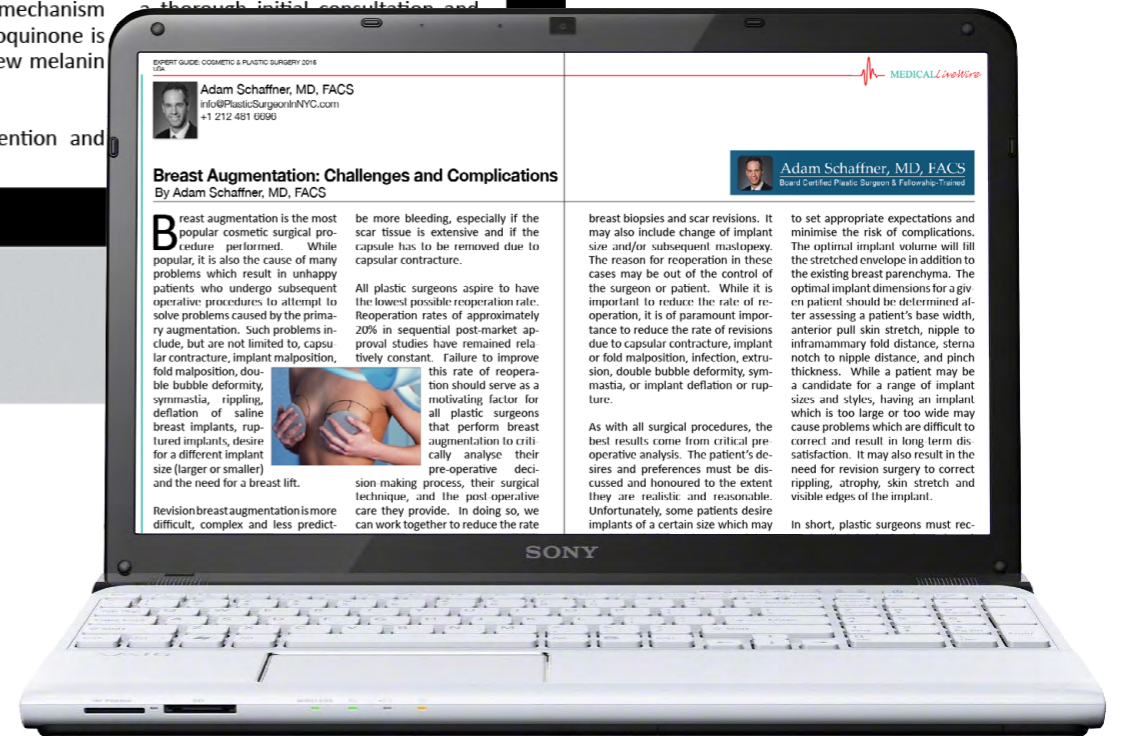
The use of hydroquinone has been the first-line treatment for hyperpigmentation. Hydroquinone 1,5 to 2% is available over-the-counter and preparations with higher concentrations have to be prescribed by physicians. The mechanism of action is the suppression of melanin formation by the reversible inhibition of tyrosinase (the main enzyme involved in the conversion of tyrosine to melanin) and the selective damage to melanosomes and melanocytes. Therefore, the mechanism of action of topical hydroquinone is through prevention of new melanin production.

Tip 1. Prevention, prevention and prevention

plays an important role in the prevention and treatment of pigmentary disorders, the use of sunscreen strongly decreases the rates of skin cancer and photoaging. Still, many patients with skin of color assume that due to the darker skin tone, they can skip sunscreen altogether.

Tip 2. Find the underlying problem

A common mistake among many patients suffering from hyperpigmentation disorders is self-medication without treating the underlying cause. It is imperative to conduct a thorough initial consultation and



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