



## **Dark Spots – aka Post Inflammatory Hyperpigmentation**

**Let's talk about dark spots – that is something we definitely can do something about.** Post Inflammatory Hyper-pigmentation, or PIH, is the medical term given to discoloration of the skin that follows an inflammatory wound. PIH presents itself as a flat area of discoloration on the skin ranging from pink to red, purple, brown or black, depending on your skin tone and depth of the discoloration.

PIH develops when a wound, rash, pimple, or other stimuli like picking at your acne lesions causes skin inflammation, which triggers the skin to produce too much melanin. Melanin is the protein in the skin that gives the skin its color. The excess melanin darkens and discolors the wounded area. This discoloration remains even after the wound or rash has healed. PIH is very common among acne sufferers. It can occur in all skin types, although it is more common in darker skin tones. It affects both men and women equally. **Luckily, PIH is not a true scar and therefore can be treated in the clinic quite effectively.**

The homecare that we give our acne clients not only addresses acne, but starts the process of lifting the unwanted hyperpigmentation left from acne lesions. Some of the active ingredients that assist in the lightening of dark spots include mandelic acid, lactic acid, hydroquinone, kojic acid, vitamin c and azelaic. These ingredients are included in Face Reality Acne Clinic's homecare for acne.

We use chemical peel solutions in our acne treatments that are in various strengths and ingredients to not only help with acne clearing, but lift the dark spots as well. These corrective peel ingredients include trichloroacetic acid (TCA), mandelic acid, lactic acid, kojic and azaleic acid. Used in conjunction with a consistent home-care regimen, post inflammatory

hyperpigmentation will The acne usually goes away first before the redness or the darker spots go away. It usually takes another few months for the dark spots or redness to completely clear. We also give our clients homecare routines that contribute to the lightening of hyper-pigmentation. **The right home care and consistent treatments will clear the acne and lift the dark spots simultaneously. Understand that improvement takes time.**

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