

# Avalon Laser

## PREPARING FOR YOUR MELASMA TREATMENT

Melasma is a **chronic**, incurable condition that typically causes brown to brown-gray patches on the skin. It is very common, particularly in women, and although it can be difficult to treat, it is possible to reduce its appearance and improve the overall appearance of the skin with proper treatment. It is important to realize that melasma does require continued maintenance over time for best results.

Melasma is known to be sensitive to certain triggers. It is always helpful to avoid these triggers to maintain the improvements you achieve and reduce future occurrences.

### Known triggers for Melasma include:

- Sun exposure and sun damage: This is the most important avoidable risk factor.
- Pregnancy: In affected women, the increased pigment often fades a few months after delivery.
- Hormonal treatments: Certain oral contraceptive pills containing estrogen and/or progesterone, hormone replacement therapy, and intrauterine devices and implants containing hormone are all potential contributing factors.
- Certain medications: These can include certain therapies for cancer, scented or deodorant soaps, toiletries and some cosmetics. Some of these contribute to a phototoxic reaction that triggers Melasma.
- Hypothyroidism (low levels of circulating thyroid hormone).
- Exposure to intense heat and intensive exercise, i.e. hot yoga. This raises core body temperatures, which can be a contributing factor.

### Melasma Do's and Don't's

- Avoid sun exposure as much as possible
- Use year-round, life-long sun protection. Use a broad-spectrum, high protection factor (SPF 30+) sunscreen applied to the entire face every day. We recommend, **Up the Anti SPF 30**. It should be reapplied every 2 hours if outdoors during the summer months. Alternatively or as well, use a make-up that contains sunscreen.
- Avoid use of Retin-A or Retinol-type products at least 1 week prior to any laser treatment.
- Avoid excessive heat and intense exercise, i.e. hot yoga or intense cardiovascular exercise.
- Discontinue certain hormonal contraception. Make sure to discuss with your doctor!
- Avoid irritating soaps, scented toiletries and cosmetics that may trigger Melasma.

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- Use a mild cleanser. If your skin is dry, use a daily light moisturizer.