

# DE-PIGMENTATION TREATMENTS

*Pigmentation is a dynamic and active condition and just one day of exposure to the sun can set it back. Fortunately there are treatments available to deal with pigmentation safely.*

MOST SUN DAMAGE occurs before the age of 20, but the evidence of this damage often shows only at a later stage. Because of the intensity of our sun, South African women often face pigmentation issues.

Pigmentation is a chronic skin condition that occurs on the face in the form of brown patches and is a dynamic condition that needs lifelong management.

**Hormonal pigmentation** can be triggered by any change in a person's hormonal status, when oestrogen levels increase, for example during pregnancy or in hormone replacement therapy.

**Post-Inflammatory Hyper pigmentation (PIH)** is caused mainly by chronic inflammation of the skin resulting from acne or dermatitis.

UVA rays from the sun stimulate the production of melanin, the body's natural brown pigment. If the melanin leaches into the dermis, it is known as **dermal pigmentation**. **Epidermal pigmentation** (or superficial pigmentation) is more common and can be treated with a combination of chemical peels or laser treatments.

## THE OBAGI BLUE PEEL

The Obagi Medical range offers the Blue Peel, which has shown excellent results in treating pigmentation. The preparation involves 8–12 weeks of home care and two Radiance Peels in order to get the skin ready for the Blue

Peel treatment. The skin can peel for 3–7 days and healing is typically complete within 10 days. The new, slightly pink skin will gradually fade over several weeks. It is advised to take a week off to recover, due to the blue tint that remains on the skin, but it is also vital to avoid contact with the sun during this healing period.

## FRAXEL™ DUAL

The Fraxel™ DUAL incorporates two lasers in one and is a gentle, FDA-approved treatment that resurfaces the skin from the inside out. It shows dramatic results when used to treat sun damage and pigmentation, with hardly any downtime.

Depending on the severity of the problem, three to five sessions are necessary with two- to four-week intervals. Even though results are seen within two to three treatments, the results are cumulative with the end result seen within two to three months. The skin may feel sunburnt and sensitive the first day after the treatment, but once it has renewed itself, sunspots will be noticeably reduced with an improved texture. Winter months are perfect for treatments such as these due to limited exposure to the sun.

Dr Andre Truter consults at the Stellenbosch, Somerset West and Willowbridge branches of Skin Renewal and develops unique tailor-made programmes for each client during an initial consultation. **V**

### FOR FURTHER INFORMATION

To find out more about these treatments, visit [www.skinrenewal.co.za](http://www.skinrenewal.co.za) or contact 0861 7546 72 to book your individual assessment.