

Ask Your Compounding Pharmacist

By Prakash Suthar, RPh



What is MELASMA?

According to the American Academy of Dermatology, melasma (muh-LAZ-muh) is a common skin problem, causing brown to gray-brown spots or patches on the cheeks, bridge of the nose, forehead, chin and above the upper lip. It can also appear on other parts of the body that are often exposed to the sun like the forearms and neck. Common causes of melasma include sun exposure, changes in hormones, or certain conditions may irritate the skin, worsening melasma.

TREATMENT

Your physician may recommend over-the-counter or prescription medications containing a variety of active ingredients. Hydroquinone, Tretinoin, corticosteroids, azelaic acid, or kojic acid are all ingredients that may help to lighten the skin. Procedures that may help fade melasma include chemical peels, microdermabrasion or, in severe cases, laser treatments.

Compounding offers a great option for addressing stubborn melasma spots. Along with your doctor, our compounding department can customize a formulation including a variety of the active ingredients mentioned above at varying concentrations along with an appropriate base for the patient's individual skin type and degree of problem. Call us or ask your doctor whether a compounded prescription topical gel or cream could target your melasma.

Do you have other difficult-to-solve medication questions that you would like our compounding pharmacist to answer? Email pharmacist@kare-rx.com and we may feature your question!

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- Alcohol-free, dye-free & preservative-free medications
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