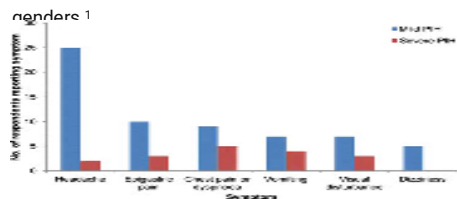


Introduction

Post-Inflammatory Hyper Pigmentation (PIH) are those dark marks or spots left aftermath a pimple.¹ After a pimple heals, there would be a scar form displayed on the skin, therefor it could be either acne scars or PIH.² It is a common sequel of inflammatory dermatoses that leans towards affecting darker skinned patients with the most liable severity.

PIH symptoms

PIH exhibits flat areas of skin discolouration. They present as white, pink, red, purple, brown, or black, discolourations depending on the skin tone and the discolouration depth.¹ PIH could develop on every skin types. However, it relies on people with dark skin complexions. PIH affects both



• Causes

The main cause of PIH is when a wound or irritation occur, so that causes the development. Causing the skin incitement to inflame. In other hand, scrapes, rashes, and pimples as well play as one of the main roles of PIH. As the skin recuperates, it produces excessive amount of melanin.

The overload of melanin pigmentation is the cause of dark spots on the skin.

The discoloration stays even after the wound has fully healed. Picking or popping a pimple increases the chance of developing PIH because it increases inflammation¹.

Most people with acne have some degree of PIH. And it's not just the big blemishes that cause these spots Hyperpigmentation can follow even relatively minor pimples and blemishes.¹



Fading Over Time

The good news is that PIH can fade away over time, even without treatment. But time is the operative word here. It can take three to 24 months for PIH to fully vanish, or even longer in some cases.³

The length of time it takes for PIH to fade depends on how dark the spots are compared to the surrounding skin. The bigger the contrast between the dark area and your natural skin tone, the longer it will take to fade.

PIH doesn't always fade away on its own. In some cases, it's more or less permanent.

Some treatments will help. Some may not wholly erase dark marks, but they might at least lighten them considerably. Therapy can also help speed up fade time if you're not keen to wait for spots to lighten naturally.¹



• Acne Scars vs. PIH

PIH isn't true scarring. In fact, people often call it "pseudo scarring" because although it leaves a mark on the skin for a while, it doesn't corrupt the follicle.¹

• Treatment options

Over-the-counter products can help fade marks. However, for deeper marks or those that have been around for a long time, a prescribed cream product would be a choice.¹ Dermatologists recommend treating Hyperpigmentation Acne early. Early treatment can accelerate the process of fading. People treating Hyperpigmentation Acne should be aware that fading takes time. Some spots may fade with no treatment ointments, but this can take about 6-12 months.³

Hyperpigmentation Acne that is profound in the dermis of the skin are vehement and can be arduous to heal and possibly even permanent.³

- 2% Hydroquinone
- Azelaic acid
- Glycolic acid
- Kojic acid
- Retinoids (Retinol, Tretinoin, Adapalene gel, or Tazarotene)

These creams often contain extra brightening contents, which can provides better results than using Hydroquinone only.¹

References

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