

## **THE TREATMENT DESCRIPTION OF HYPERMELANOSIS AND MELASMA THROUGH “IPL”.**

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### **Abstract**

IF define in general, the phenomenon of Hypermelanosis, it includes a diverse group of genetic skin abnormalities, not congenital anomalies, that appear as dark areas, called otherwise hyperpigmented areas. Melasma, in particular, is a hypermelanotic syndrome that affects mainly the skin exposed to sunlight, in most cases women. It remains to be clarified and it is questionable whether Melasma is an anomaly born or acquired. However as incontrovertible and clear facts can mention: UV light exposure, genetic predisposition and hormonal variations (pregnancy or oral contraceptives). During an annual period between March 2014 and March 2015, 10 patients with melasma were treated with intense pulsed light (IPL) at the Glamour, aesthetic surgery and laser Center of Tirana. Diagnosis was based on physical examination and medical history. The results were evaluated in four ways: excellent, good, moderate, or poor. Grades were given according to outcome scale and reported complications. All 10 patients had follow-up checks at 30 days, 3 months, and 6 months and someone at more than 1 year. The results were such that: excellent in 5 patients (50%), good in 3 (30%), moderate in 1 (10%), and poor in 1 cases (10%). Based on a careful and responsibility examination of scientific literature, also based on our personal clinical experience, we can say that: IPL may be considered as a very effective tool in treating and curing a high percentage of hypermelanosis and melasma, coupled with a very low risk of complications as well as a very positive impact on patients treated.

**Keywords:** *Hypermelanosis, Melasma, patients, UV light, genetic, hormonal, Intense pulsed light (IPL).*