
Treatment of Melasma with Topical Agents, Peels and Lasers: An Evidence-Based Review

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Abstract

Background Melasma is a common, chronic, and recurrent skin condition characterized by hyperpigmented macules and patches on the face. It is caused by an overproduction of melanin in the skin. The pathogenesis of melasma is multifactorial, involving genetic, hormonal, and environmental factors. The treatment of melasma is challenging, and many patients seek medical advice for effective management. This review aims to provide an evidence-based overview of the available treatment options for melasma, including topical agents, chemical peels, and lasers.

Objective The objective of this review is to evaluate the efficacy and safety of various treatment modalities for melasma, based on the available scientific evidence. The review will focus on the most commonly used treatments, including topical agents, chemical peels, and lasers, and will provide recommendations for their use in clinical practice.

Methods A comprehensive search of the medical literature was conducted using PubMed, Cochrane, and other relevant databases. The search was limited to English-language articles published between 2000 and 2012. The articles were screened for relevance to the topic of melasma treatment, and those that met the criteria were included in the review. The quality of the evidence was assessed using the GRADE system, and the results were synthesized to provide a summary of the findings.

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2004 13	h , 5 %	f 16	ff	16	93 %	ff h
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Table 2

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