

# A Prospective on Hyperpigmentation

Christiana Williams

*Dermatology Case Reports, Longdom SA, Brussels, Belgium*

## INTRODUCTION

Hyperpigmentation is a frequent, often harmless condition in which the skin is darker than the normal skin surrounding. This darkening occurs as the brown colouring pigment, the melanin excess, forms a layer in the skin. That's because there are explanations. Hyperpigmentation may be caused by sun injury, irritation, or other skin injury, including acne vulgaris. Hyperpigmentation is most vulnerable to people with dark skin tones, notably excess sun exposure. Excess melanin growth is responsible for certain forms of hyperpigmentation. Hyperpigmentation can be caused by exposure to the sun, irritation or other skin injury, including acne vulgaris. Hyperpigmentation is most vulnerable to people with dark skin tones, notably excess sun exposure. Excess melanin synthesis is responsible for multiple causes of hyperpigmentation. The hyperpigmentation of material or focal attention may involve the face and back of the hands. Melanin consists of melanocytes in the lower layer of the epidermis. Melanin is a pigment class that creates colour throughout the body in places including eyes, skin and hair. As the body ages, the melanocytes are distributed less diffusely and are less regulated by the body. The higher cell concentration stimulates melanocyte development with UV-light stimulation.

Hyperpigmentation characteristics typically affect those with dark skin rather than those with a lighter tint, since the pigmentation in the dark skin is deeper. The spots are known as age spots, and excessive pigmentation, including melasma and post-inflammatory hyperpigmentation is also the core of skin disorders.

## CAUSES

The growth of melanin causes hyperpigmentation. Although a number of factors can cause melanin to increase, excess exposure to sun, hormone, skin age and inflammation are the main factors.

### Excess exposure to sun

The melanin is the natural sunscreen of your skin which protects us from harmful UV radiation. But this process is impaired by excessive sunlight inducing hyperpigmentation.

### Hormones

A particular hyperpigmentation known as melasma and chloasma

is mostly caused by hormonal effects. This is more often reported in women when women are exposed to sunlight along with oestrogen and progesterone that promote melanin overproduction. Hyperpigmentation can also be the adverse result of some hormone treatments.

### Skin age

The number of melanin cells reduces with the ageing of the skin but the remaining cells grow in size and distribution. The rise in age spots in those over 40, these physiological changes demonstrate. You will find out more about the ageing of the skin in your skin.

### Inflammation and illness

Hyper-pigmentation after post-inflammatory diseases or inflammatory conditions is the result of cuts, burns, solvent penetration, acne or psoriasis. After the wound is cured, the skin is bruised and discoloured. Multiple illnesses, including autoimmune, gastro-intestinal, metabolic, vitamin-connected ailments, are symptomatic through hyperpigmentation. Certain treatments, including chemotherapy, vaccines, anti-malarials and anti-seizure medicines, may also induce hyperpigmentation.

## PREVENTION

Sun protection is the most important step you can take to avoid first and primarily hyperpigmentation. Limiting sensitivity of the skin to the sunlight also helps to minimise hyperpigmentation. Try to avoid the sun and wear reflective clothes, including sunscreens and sunglasses, wherever possible. Apply a sun care gel with the appropriate SPF amount to the skin and apply it daily.

## TREATMENT

Although avoidance is better, you should take precautions to keep it from reoccurring while you have pigment spots. Hyperpigmentation may be minimised by dermatological procedures like chemical peels and laser therapy. Hydroquinone, which is still considered to be the most effective agent to reduce hyperpigmentation, is also used by dermatologists. However, it should be used only for a short time because it can irritate the skin and potentially induce hyperpigmentation post-inflammatory particularly in people with dark skin, much as other types of chemical peel and laser therapy.

**Correspondence to:** Williams C, Dermatology Case Reports, Longdom SA, Brussels, Belgium, Telephone: +447723598358; E-mail: dermatolgyres@emedicinejournals.com

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