

POST INFLAMMATORY HYPERPIGMENTATION (PIH)

1-What is PIH ?

PIH is a pigmentary disorder, characterized by discoloration of the skin. The inflammatory response can be due to skin injury, leading to the development of pigmentation at the site of the original injury.



Although PIH is more common in black people, it doesn't restrict itself to only them. Also, the severity and how long the dark spots lasts is dependent on how you take care of your skin.

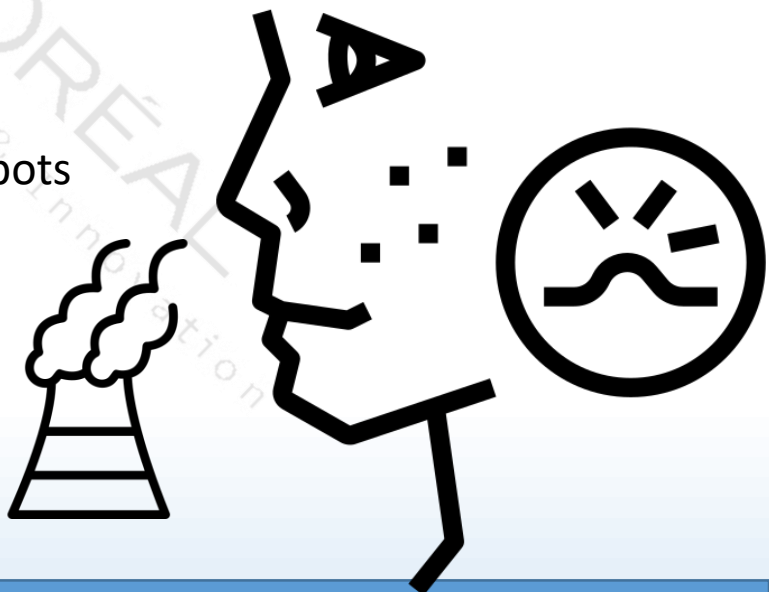
2-What are the causes of PIH?

PIH is an overdrive of melanin production, caused by :

- **Inflammatory skin diseases** :eczema, acne, psoriasis, atopic dermatitis, lupus ...
- **Injuries**: Wounds, Surgery, Chemical peeling...
- **Allergic reactions**: use of Perfumes and Essentials oils on the skin
- **Phototoxic drugs reactions**: Chemotherapies, Anti-Depressant, Fungicides
- **Chemical Exposure** : Silver, Arsenic...

3-Aggravating factors for PIH

- Severe Acne
- Scratching or popping acne spots
- Sun Exposure
- Pollution
- Irritating skin care products



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4-Which treatments to use?

PIH can fade over time, even without any treatments. However, the length of time for recovery depends on the intensity of the dark spots

To encourage PIH to fade, clinical solutions are available. Some solutions will **stop the melanin production**, while others will **increase the skin cells turnover**.

Before using any of these, we recommend you to **contact your dermatologist** and decide together the best action path for your skin.

Remember, Everyone's skin is different

5-How to Prevent PIH ?

If you suffer from a dermatological disease or skin issue that can lead to PIH, seek advice from a dermatologist, to receive appropriate medications.

Skincare routine and cosmetics products can help for a good skin health.

- i. Keep away from skin irritating products.
- ii. Do not use harsh scrubs on your body
- iii. Protect yourself from the external aggravating factors such as the sun by shading in the shade and using a sunscreen that can prevent or limit PIH appearance.



Contact your dermatologist