

Your Skin Changed After Treatment.

Here's what happened, what we're doing about it, and what you need to do at home.

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WHAT HAPPENED?

You've noticed some darkening or uneven pigmentation on your skin. This is called **post-inflammatory hyperpigmentation** — a response where your skin produces extra color after any kind of inflammation or treatment.

This is not a sign that anything went wrong. Some skin types are naturally more reactive to inflammation — including the controlled, healing kind that treatments create. It is not predictable in advance, it is temporary, and it responds very well to the right care.

Think of it like the mark a bruise can leave after it heals. Your skin's pigment cells got activated during the healing process and deposited a little extra color. With consistent care, this fades completely for most patients.

YOUR TREATMENT PLAN

RIGHT NOW

We're starting a skincare routine that works in three ways at once: **calming the pigment cells** so they stop overproducing, **speeding up your skin's natural renewal** so pigmented cells shed faster, and **blocking UV** which is the biggest thing that makes pigmentation worse. SPF 50+ every morning is the most important step.

WEEKS 3-4

Once your skin has settled, we'll introduce a low-strength retinol to help speed cell turnover even further. You may notice some mild flaking — that's the old pigmented cells shedding. That's what we want.

WEEKS 8+ if needed

If pigmentation is taking longer to respond, we may add an oral medication called tranexamic acid that works from the inside to reduce pigment production. We'll discuss this at your follow-up — it's a simple prescription with a strong track record.

WHAT YOU MUST DO AT HOME

✓ DO THIS

- ✓ SPF 50+ every morning without exception — reapply at midday
- ✓ Use your skincare products exactly as directed — consistency is everything
- ✓ Keep your skin cool and moisturized
- ✓ Attend your follow-up so we can track your progress
- ✓ Be patient — pigment clears at the rate your skin renews. It takes weeks, not days.

✗ AVOID THIS

- ✗ Sun exposure without SPF — this is the single biggest setback
- ✗ Tanning beds or spray tanning on affected areas
- ✗ Picking, scrubbing, or aggressive exfoliation
- ✗ Heat: hot showers, saunas, or intense exercise for the first 2 weeks
- ✗ Starting new skincare products without checking with us first

WHAT TO EXPECT — YOUR TIMELINE

Now – Week 2	Skin inflammation settles. Start your skincare routine. Pigmentation may look similar at first — this is normal. Stay consistent.
Week 3–4	Skin stabilizes. Early lightening often begins. Low-strength retinol introduced when skin is ready.
Week 6–8	Meaningful fading expected with consistent home care and daily SPF.
Week 10–12	Most patients see significant improvement. We'll reassess together and adjust the plan if needed.

The most important thing you can do: Wear SPF 50+ every single day — rain or shine, indoors or out. UV exposure through windows still activates pigment cells. This one step determines more than anything else how quickly you improve.

Questions or concerns before your follow-up? Don't wait — contact us. If your skin is getting significantly darker or you're developing new symptoms, reach out right away.