

POST INFLAMMATORY HYPERPIGMENTATION

Post inflammatory hyperpigmentation is a skin condition which tends to leave darker marks in the skin. Unfortunately, it has such a long and confusing name but it is only a skin problem and not a sign of an internal disease.

Post refers to the fact that this condition has developed after a previous skin problem. Inflammatory refers to the fact that there normally was a skin condition present before which produced some redness and/or scaliness in the skin. In some cases this skin problem may have been so minimal that you did not notice it.

Hyperpigmentation means that too much pigment is left over in the skin. Therefore, this condition develops after a rash where too much pigment is left over at the spots where the rash was. Post inflammatory hyperpigmentation is a temporary problem. As long as the underlying skin problem can be controlled and no new bumps develop, the darker areas will slowly go away. It is important to realize that this is not a permanent darkening of the skin but it resolves slowly. In most cases it takes many months or possibly even a year to go away completely.

Since post inflammatory hyperpigmentation is a temporary problem usually no treatment is required. There are certain types of this condition where various creams may help speed the healing period. In addition cautious sun exposure may even out the discoloration. Hopefully the pigmentation in your skin will slowly go away so that it will no longer be visible. If you have any other questions regarding this condition, please do not hesitate to ask me before your leave the office.