A CASE STUDY:
EFFICACY OF MELASMA TREATMENT
WITH COMBINATION THERAPY
(ALPHA ARBUTIN + VITAMIN C +
VITAMIN E + TRANEXAMIC ACID + Q
SWITCH ND: YAG LASER)

DR NORMAN BIN MOHD NORAWAI
ID: 1001128148
JAN 2011 BATCH

THESIS SUBMITTED IN PARTIAL FULFILMENT OF THE
REQUIREMENT FOR THE DEGREE OF MASTER OF SCIENCE
(ANTI-AGING, AESTHETIC AND REGENERATIVE MEDICINE)
in the Faculty of Medicine and Health Sciences, UCSI University
MAC 2013
ABSTRACT

Introduction: One of the most common hyperpigmentation disorders in Asians is melasma. It is estimated that more than 50% of aesthetic consultations in Asian countries is due to melasma. Methodology and Design: This is a Retrospective Case Study to assess the effectiveness of combination therapy of Q Switch Nd:YAG laser, Vitamin C, Vitamin E, Alpha Arbutin and Tranexamic Acid in the treatment of melasma in a 48 years old lady with mixed type of melasma. The study aim to evaluate the efficacy of Q Switch Nd: YAG laser, combine with topical treatment in treating Melasma patient in DNW clinic, Malacca The case was analyzed retrospectively by reviewing the medical record and serial photography of the patient. Result: There was a visual reduction in both epidermal and dermal hyperpigmentation of more than 70% after 8 treatments. Conclusion: There is no single effective treatment for melasma and combination therapy is better. Q Switch Nd: YAG laser appears to be useful in treating melasma combined with other modalities of treatment.

Key words: Q Switch Nd:Yag laser, melasma, post inflammatory hyperpigmentation(PIH)