

SELF PERSEIVED EFFICACY AND SIDE
EFFECTS OF HYDROQUINONE FOR
MELASMA AMONG GENERAL PUBLIC IN
PENANG BETWEEN MAY 2012 TO JAN 2013

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ABSTRACT

Melasma is one of the commonest cosmetically disturbing skin problems seen among females. Melasma present as grayish-brown discoloration over the malar region on the face, bridge of the nose, the chin and forehead. It is especially common in the females with darker skin tone who are exposed to intense sunlight, pregnancy or those who consume hormonal pills like oral contraceptive pills or on hormonal replacement therapy. Hydroquinone is a skin lightening agent which will lighten the skin colour. This study is carried out to assess the self-perceived efficacy and side effects of hydroquinone used in the treatment of melasma. There are articles being published on the efficacy and side effects of hydroquinone used, but mostly done in Caucasians. Hardly are there articles published on the side effects or even the self perceived efficacy done among the Asians. This study is being carried out where questionnaire are distributed to the patients to get their opinion. Targeted patients are randomly selected from those who use hydroquinone for melasma. In this study it shows that females of age between 20-30years which accounts for 50% of total patients are more concern when it comes to the treatment for melasma and all of them used Hydroquinone 4%. Patients who apply sunblock more frequently during the treatment showed a better result in skin lightening. Even though patients do encountered minor skin itchiness, dryness, irritation, burning sensation and bluish discoloration, however, Hydroquinone does lighten the skin colour and still remains as the first line of choice in the treatment for melasma.