

Meta-description: Pigmentation removal treatments in Singapore are great for removing dark spots, giving you fair skin. Find out about pigmentation causes and treatment options.

Pigmentation Removal Treatment in Singapore: A Comprehensive Guide



Skin pigmentation, also known as dark spots, is a sign of aging that affects both women and men. Most of the skin pigmentation cases that we deal with in our clinic are harmless. Despite this, its appearance causes distress to our patients as it affects their confidence and self-esteem.

Our boutique clinic is well known for a welcoming and personal approach that makes all our patients feel at home. Because of this, our doctors have received many questions over the years about pigmentation removal.

With a collective experience of more than 40 years in medical and aesthetic practice, our doctors are pleased to share answers to commonly asked questions about the pigmentation removal treatments that deliver results, giving you lucent and fairer skin.

Our core values are integrity, ethics, and patient safety. Hence, we believe in providing readers with everything they need to know about solving their skin issues. Read on to find out about how

skin pigmentation can be treated to restore the clean and clear skin that you have always wanted.

What is skin pigmentation?

[Skin pigmentation](#) refers to the colour of your skin. It is caused by melanin, a natural pigment that gives your skin, hair, and eyes their unique colour. Your skin could lighten or darken due to changes in the amount of melanin produced by your body.

There are pigmentation disorders that could cause less than desirable changes or colors to your skin. Thus, many people seek out pigmentation treatments or remedies for pigmentation removal.

What are the common [types](#) of skin pigmentation in Singapore?

- Freckles

Freckles are brown and beige circle spots that appear due to repeated sun exposure.

- Hori's Nevus

This is a condition commonly found on Asian Chinese skin. It appears as bluish-gray flat hyperpigmentation on the cheeks. It may also appear on the eyelids, forehead, and nose.

- Melasma

Melasma appears in the form of dark, discoloured patches on your face. It commonly affects women. Stress, hormonal imbalances, or pregnancy may cause melasma. Read on to find out about suitable treatments for the occurrence of melasma on your face.

- Sunspots

Sunspots are caused by excessive sun exposure. They usually show up as spots on parts of the body with greater sun exposure, like the hands and face. They frequently occur in older people.

- Post-inflammatory hyperpigmentation (PIH)

This condition is usually caused by inflammation or injury to the skin. It can be caused by acne, blisters, or burns or skin diseases e.g. eczema.

What are the common factors which contribute to skin pigmentation?

Sun or UV exposure is the most common cause of pigmentation. Other factors include:

- Genetics
- Hormonal imbalances due to life stages such as pregnancy, menopause
- Trauma that causes skin inflammation
- Medications e.g. chemotherapy drugs

Can we prevent skin pigmentation?

It's not always possible to prevent hyperpigmentation. However, you can protect yourself by:

- using sunscreen that has an SPF of at least 30
- wearing hats or clothing that block sunlight
- avoiding the sun when it is at its strongest, which is typically 10 a.m. to 4 p.m.

Can skin pigmentation be removed?

If the condition is mild, over-the-counter lightening creams could help lighten your skin tone. For more serious pigmentation, do contact our doctors for help.

They will be able to make a diagnosis and discuss suitable treatment modalities. These include topical medications, chemical peels, dermabrasion, and laser therapy.

Are there any home remedies for pigmentation?

Home remedies for dark spots and pigmentation are frequently found online. These could involve the application of various ingredients such as apple cider vinegar, aloe vera, green tea extract, and orchid extracts. Most of these remedies are not backed by sufficient research, so try them at your own risk.

Are there OTC skincare ingredients I can consider?

There is a wide range of OTC skincare products such as skin calmers, vitamin C serum, brightening masks, etc. As you know, the results and effects may vary from person to person. If you would like a skincare system that is customized to your skin, do reach out to our doctors who can design a system to give you lucent skin.

When should I consult a doctor for my pigmentation?

We have patients who tried a lot of over-the-treatment creams but didn't really see any improvement. If your skin pigmentation problem is persistent and you feel physical or emotional discomfort, do seek help from us.

Our highly approachable doctors at Eeva Medical Aesthetic can accurately diagnose and recommend an integrated suite of safe and non-invasive treatment options backed by proven technology.

What are the non-invasive ways to treat pigmentation?

Non-invasive methods do not involve any major surgical procedures and have none or very little downtime (this is the time taken to recover). We believe in using sensible and non-invasive approaches where possible, to minimize the risk and discomfort felt.

Here are some well-known methods:

- Laser resurfacing

A laser therapy treatment uses focused light to shape or destroy certain cells - in this case, the pigment-producing cells. Read [here](#) to find out why so many patients prefer laser therapy.

- Topical lightening creams

These topical lightening creams are applied to the skin and are available in either over-the-counter or prescription form.

- Dermabrasion

This exfoliating technique uses rotating instruments to remove the outer few layers of skin. It is helpful in removing some types of pigmentation patches to reveal the underlying layers of healthier skin.

- Oral medication

Sometimes, dark patches may be caused by a skin infection or condition such as eczema, psoriasis, etc. Patients might be prescribed oral medications for dark spot removal.

- Chemical peels

This is a skin resurfacing procedure in which a non-invasive chemical solution is applied to the skin to remove damaged layers of skin, revealing healthier and youthful skin below.

What will I expect during my first consultation with your doctor?

Your journey with us starts with the very important first consultation with your doctor.

Eeva Medical Aesthetic is helmed by warm and competent doctors who aim to have an intimate and in-depth understanding of your concerns and aesthetic wellbeing.

It is important to us to build a long-term relationship with all our patients. Our doctors will assess your skin pigmentation to make a proper diagnosis, and also find out more about your medical history, lifestyle, and pre-existing health problems.

At Eeva, every patient is unique from the day that they step into the clinic, with an equally high level of attention given to everyone. We try to find out as much as possible about your conditions, needs, schedule, and budget. This allows us to personalize a treatment plan to fit your needs.

What are the available treatment options at a medical aesthetic clinic?

Our experienced doctors have designed a set of holistic treatments – [\[Eeva Pigmentation Removal Solutions\]](#). Combined with the Eeva Approach philosophy, this ensures customized results for all our patients.

Here is an outline of our treatment goals:

- 1) Our doctors will first commence your pigmentation removal journey with a detailed assessment to ensure an accurate diagnosis.
- 2) Subsequently, we will tailor a treatment plan to remove the pigmentation.
- 3) We then create a longer-term plan to maintain your results.
- 4) Lastly, we prevent and slow down the recurrence of the pigmentation.

With their collective years of experience, our doctors curated a carefully selected range of treatment options, that help you in achieving vibrant and clear skin. The options include:

- Specialised topical creams and skincare
- Oral supplements for pigmentation lightening
- Energy-based devices
- Cellular level skin healing and repair

Specialised topical creams and skincare

- Hydroquinone – a powerful and effective prescription only lightening medicine
- Cyspera Intensive Pigment Corrector – non-hydroquinone based depigmentation treatment cream. Significantly improves the appearance of dark spots.
- Skinuva Brite – non-hydroquinone based physician-designed and clinically tested skin brightening cream designed to give you skin that radiates from within.
- Skin Lightening serums that reduce pigmentation and defend against UV e.g. [Dermagold](#) Pigment Defense Serum. This serum is highly recommended by our doctors.

Oral supplements for UV protection and pigmentation lightening

- Crystal Tomato – a natural, safe, and authentic skin whitening supplement
- NanoMD – oral supplement that brightens skin, and reduces pigmentation. It has many natural antioxidants.
- Heliocare Ultra – sunblock that comes in the form of oral medication, and contains vitamin D to protect your skin from the inside.

Energy-based devices

[Curas](#) is a Korean innovative laser therapy that features settings 1064nm and 532nm. These have customized functions for skin brightening, pigmentation reduction, and targeted pigmentation removal. It also has a special M1064 setting for melasma treatment.

[Clarity](#) is an FDA-approved laser from Lutronic, a global leader in laser technology for aesthetic medicine. It uses 755nm and long-pulsed 1064nm wavelengths to remove pigmentation lesions. It is very effective for removing dark spots on your face.

[Sylfirm](#) is a Silicon Valley technology that treats different types of skin concerns. Clinical trials have proven it to be safe and effective. It applies a repeated ultra-short pulse technology that reacts only to abnormal blood vessels and repairs the skin's basement membrane.

By removing abnormalities from your skin's foundation, it accelerates the growth of healthy skin cells. It is useful for many skin conditions including melasma.

Cellular level skin healing and repair

- LDM Cellular Therapy

[LDM Therapy](#) is a German technology that uses dual-frequency ultrasound waves to treat aesthetic problems. By activating a strong micro-massaging effect at the cellular level, it balances and repairs your skin from within.

This strengthens the skin and helps in defending against aging effects like pigmentation.

- Dermal Electroporation

[Dermal Electroporation](#) (DEP) is a transdermal penetration therapy that uses electric pulses to permeate into the deepest skin layers. What can this do?

In the famed [Rejuran treatment](#), DEP is used to efficiently introduce PDRN into your skin cells. PDRN is also known as [Polydeoxyribonucleotide](#), and is DNA extracted from the sperm cells of salmon. PDRN is lauded for its skin rejuvenation, healing, and anti-aging benefits.

Are treatment results permanent and sustainable?

Treatment results vary from patient to patient depending on the diagnosis, severity of the condition, and other lifestyle factors. Our doctors will be there every step of the way till you get cleaner, clearer, and brighter skin.

Can my pigmentation be removed completely?

We care about walking the journey with you until you see success in getting radiant and clearer skin. Our doctors will advise you about the number of sessions required for pigmentation removal. The length of treatment will depend on factors such as the size and depth of the pigmented zone.

Are there any side effects from the treatments?

There may be mild swelling or redness which will go away eventually. Our doctors will be there to consistently support you through a tailored aftercare routine after treatment to minimize side effects.

How do I care for my skin after the treatment?

In any pigmentation treatment plan, it is important to avoid the sun where possible. Try to avoid prolonged sun exposure the first seven days after treatment. If you do, opt for at least SPF 30 sunscreen.

The Eeva Approach is unique as the relationship does not end even after treatment has ended. Our doctors maintain strong relationships with many returning patients over the years, who repeatedly entrust their skincare needs to Eeva Medical Aesthetic due to its warm, competent, and passionate service.

Conclusion

Be sure to treat dark spots sooner than later to prevent further aggravation of the pigmentation. No question is too difficult for us. If you have any questions after reading this guide, our medical team is just a call or Whatsapp away.

To start off, consult our Singapore-certified professional doctors at [Eeva Medical Aesthetic Clinic](#). With many years of experience caring for our patients successfully, they can help you to succeed in solving your skin problems through a caring, holistic, and customized approach.