



## **Prescribing Policy for Pigmanorm® Cream (Hydroquinone 5%, Hydrocortisone 1% and Tretinoin 0.1%) for Melasma**

**North East Essex CCG does not support the prescribing of Pigmanorm® cream on FP10 prescriptions for treatment of Melasma:**

**The treatment of melasma is a cosmetic procedure which is a low priority for funding by NEECCG.**

Melasma, also called 'chloasma' and 'pregnancy mask', is a common skin condition of adults in which light to dark brown or greyish patches of pigmentation develop mainly on facial skin. It is more common in women, especially pregnant women, and people with darker skin-types who live in sunny climates. However, it can also affect men (10% of patients) and any race. Melasma usually becomes more noticeable in the summer and improves during the winter months. It is not an infection therefore it is not contagious and it is not due to an allergy. It is not cancerous and will not develop into skin cancer.

The exact cause is not known, but several factors can contribute and include pregnancy, hormonal drugs such as the oral contraceptive pill, and medical conditions that affect hormone levels. Sunshine and the use of sun-beds can make the tendency to melasma worse.

**Pigmanorm® cream is unlicensed in the UK. There is insufficient evidence to support the use of Pigmanorm® cream for melasma.**

Recommendations:

Melasma treatments fall into the following categories, and can be used together:

- Avoiding known trigger factors, such as the oral contraceptive pill
- Adopting appropriate sun avoidance measures and using sun-blocking creams as part of self-care
- Chemical peels, dermabrasion and laser treatment as part of self-care
- Skin camouflage – refer to local British Red Cross Skin Camouflage Service for advice if appropriate (Changing Faces is the provider).
- Avoid the use of sunbeds

Remind patients if melasma improves, sustained improvement can be achieved by continuing to protect their skin from the sun.

References:

- British Association of Dermatologist (2015) 'Melasma', Available at: <http://www.bad.org.uk/for-the-public/patient-information-leaflets/melasma/?showmore=1&returnlink=http%3A%2F%2Fwww.bad.org.uk%2Ffor-the-public%2Fpatient-information-leaflets> (Accessed: 17/11/16)
- British Red Cross (2016) 'Skin camouflage', Available at: <http://www.redcross.org.uk/What-we-do/Health-and-social-care/Independent-living/Skin-camouflage> (Accessed: 17/11/16)
- Martindale: The Complete Drug Reference (2016) 'Pigmanorm', Available at: <https://www.medicinescomplete.com> (Accessed: 17/11/16)