AN EFFECTIVE HYDROQUINONE-FREE SKIN BRIGHTENING COMPLEX

WHAT IS LYTERA SKIN BRIGHTENING COMPLEX?

Lytera Skin Brightening Complex is a new hydroquinone-free brightening agent from SkinMedica that reduces the appearance of skin discoloration and dark spots. It evens out your skin tone and it works with TNS Recovery Complex or TNS essential Serum, explains Dr. Downie. It contains retinoic acid, licorice, niacinamide, and Vitamin C.

Clinical studies have shown that Lytera demonstrated similar efficacy when compared to 4% hydroquinone. The study showed that 85 percent of patients saw a greater improvement in overall skin condition after 12 weeks of treatment, as compared to 68 percent of patients treated with 4% hydroquinone. The study also demonstrated that 79 percent of patients reported greater improvement in evenness of skin tone after 12 weeks of treatment, as compared to 65 percent of patients treated with 4% hydroquinone.

WHICH PATIENTS ARE THE IDEAL CANDIDATES FOR THIS FORMULATION?

Lytera Skin Brightening Complex is appropriate for all skin types and Dr. Downie says it is best for patients who want a more even skin tone.

“Patients with oily skin with pigmentation changes and acne, Lytera is optimal,” says Dr. Downie. “It is also great for patients with sun damage.”

She does tell patients that because it has retinol in it, which converts to retinoic acid after being absorbed, the product can be drying. For patients who experience drying, they should use Lytera only about three to four times a week during the winter months, and more frequently during the warmer months.

If Lytera is not irritating, optimally, patients can use it twice a day. Patients can apply Lytera in the morning and evening after cleansing, and it can be used on the face, as well as the neck, chest, or other affected areas patients would like to improve.

WHAT KIND OF RESULTS CAN PATIENTS EXPECT? HOW DO PATIENTS RESPOND?

Patients can expect improvement in overall skin condition, improved evenness of skin tone, and reduced appearance of skin discolorations.

“Patients see an evening out of their skin tone and an overall brightening of their skin. Patients respond well to Lytera and are typically happy with the results. A minority of patients will see some dry skin and flaking. This is ameliorated with a moisturizer. Many use SkinMedica’s Dermal Repair, a facial moisturizer with Vitamins A, C, E, and hyaluronic acid.”

WHY DO YOU RECOMMEND THIS PRODUCT TO PATIENTS?

Dr. Downie says she recommends this to her patients because she has seen the excellent results her patients have experienced and through her work on the original clinical trials for SkinMedica. She says she uses the product herself and has seen the results first-hand.

“Many patients want their skin taken to the next level of superior skin care. This product helps them achieve that level. Lytera appears to even out skin tone and brighten skin,” Dr. Downie explains. “I see it as a benefit in my practice as my patients are very happy with the product and feel it addresses a major skin concern.”

She recommends to her patients that Lytera should only be used in conjunction with an SPF 30 daily and says she routinely recommends SkinMedica SPF 30 Daily Physical Defense or Vivite SPF 30 lotion.

For more information, visit www.skinmedica.com

Disclosure: Dr. Downie is a consultant for SkinMedica and Allergan.