AgelessCoach™
AGE STRONG. LIVE LONG.

Hyperpigmentation After 50: Four Treatment Levels

The five causes to sort first, the four treatment levels in the order dermatologists use them, and the timelines that tell you when to move up.

✓ **Verified against published guidance** from Cleveland Clinic, Harvard Health, the AAD & Mayo Clinic · sources below

Harvard Health says a spot with more than one color, or one that does not respond to treatment, needs a dermatologist and possibly a biopsy. Mayo Clinic says a biopsy can rule out lentigo maligna, a type of skin cancer.

✓ Do This

Sort The Cause First

- Sun spots: face, hands, chest
- Marks where a pimple healed
- Melasma: cheeks, lip, forehead

COACH'S TIP Harvard Health and Cleveland Clinic list the causes.

Sunscreen Every Day

- Broad spectrum, SPF 30 or higher
- Tinted with iron oxide
- Zinc oxide or titanium dioxide

COACH'S TIP Cleveland Clinic and the AAD.

Reapply And Cover Up

- Every two hours outdoors
- Avoid 10 a.m. to 2 p.m. sun
- Wide-brimmed hat

COACH'S TIP The AAD sets all three rules.

Try One Fade Ingredient

- Azelaic, glycolic or kojic acid
- Several weeks to months to see change
- A retinoid or vitamin C

COACH'S TIP The AAD lists the ingredients; Mayo Clinic sets the timeline.

Say This At The Visit

- Are these age spots or something else?
- Which technique suits my skin tone?
- Cream or procedure next?

COACH'S TIP Mayo Clinic says the dermatologist must know the technique.

Know The Session Counts

- Laser or IPL: 2 to 3 sessions
- Not covered by insurance
- Peel redness: up to several weeks

COACH'S TIP Mayo Clinic gives every number.

✗ Do Not

Do Not Buy Imported Creams

- Hidden steroids or mercury found
- Buy US-made or doctor-recommended
- Thin, fragile, discolored skin

COACH'S TIP The AAD warning.

Do Not Use Liquid Bleach

- Never apply it to skin
- Prescription bleach is different
- It is harmful

COACH'S TIP The AAD and Cleveland Clinic.

Do Not Stop A Medicine Alone

- Some drugs cause dark spots
- Ask the prescriber to switch
- Stopping can make you sick

COACH'S TIP The AAD and Cleveland Clinic.

Do Not Quit Sunscreen After

- New spots form without it
- Prevention continues
- Lifelong condition

COACH'S TIP Cleveland Clinic and Mayo Clinic.

Do Not Ignore A Mixed Color Spot

- More than one color
- Dermatologist and biopsy
- Not responding to treatment

COACH'S TIP Harvard Health and Mayo Clinic.

Do Not Expect Fast Results

- Fading takes 6 to 12 months
- Photograph monthly, not daily
- Deep color can take years

COACH'S TIP The AAD and Cleveland Clinic.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

SPF 30	or higher, broad spectrum, every day, per Cleveland Clinic and the AAD
6 to 12	months for a spot a few shades darker to fade once the cause stops, per the AAD
2 to 3	laser or intense pulsed light sessions typically needed for age spots, per Mayo Clinic

Sources: Cleveland Clinic (Hyperpigmentation, 2021), Harvard Health (Demystifying hyperpigmentation, 2024), American Academy of Dermatology (How to fade dark spots, 2025), Mayo Clinic (Age spots: Diagnosis & treatment, 2025). **Educational content, not medical advice.** Talk with your doctor.