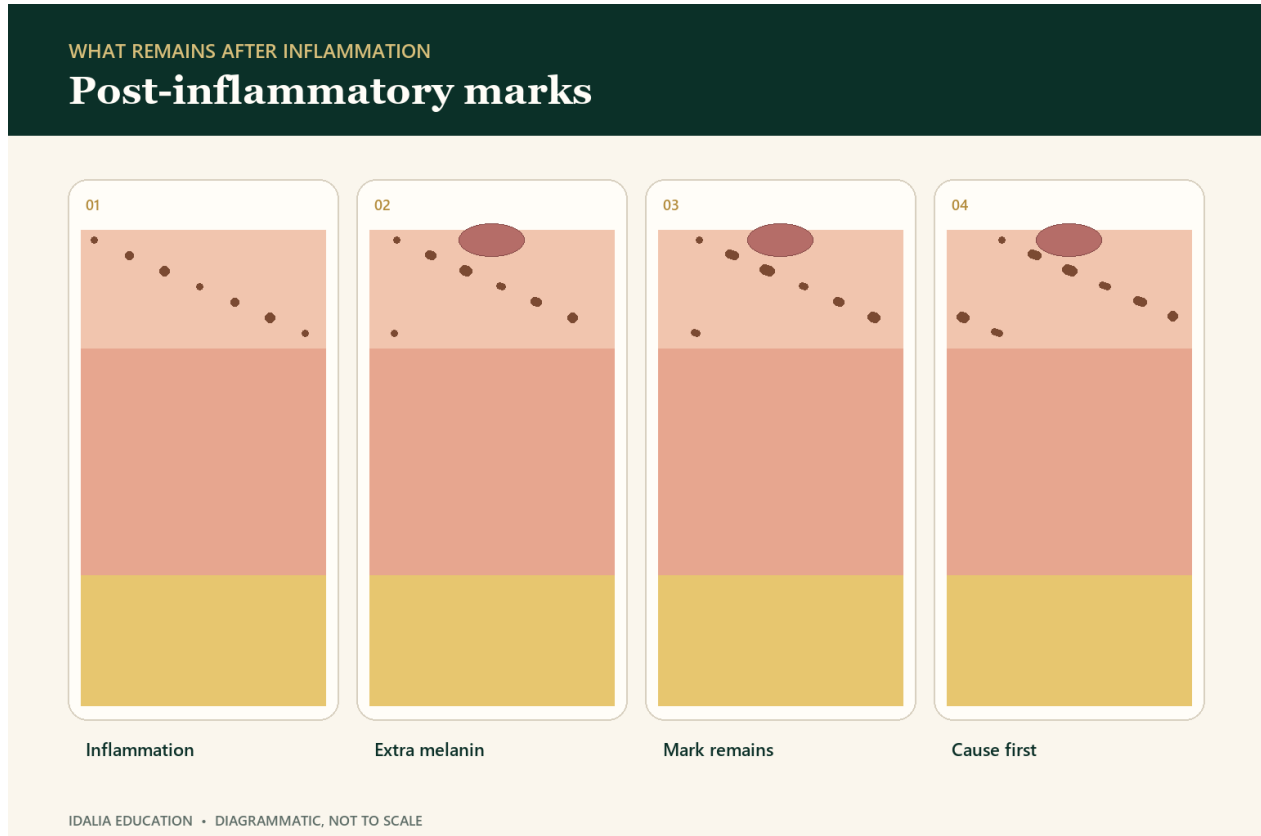


Post-inflammatory marks

Separate brown or grey post-inflammatory hyperpigmentation from red post-acne marks and true indented or raised scars.



What it means

After acne, eczema, picking, a burn or another injury settles, colour can remain. Brown, grey or blue-brown marks usually reflect extra melanin at different depths; red or purple marks can reflect lingering vascular change. Neither is the same as a true texture scar.

Important limit

Repeated strong peels, picking, scrubbing or needling active lesions can create more inflammation and more pigment, particularly in darker skin tones.

Post-inflammatory marks

How Idalia may support you

Route	Purpose	Starting point
Barrier-first facial	Reduces unnecessary irritation while the cause is controlled.	From GBP 45
Selected peel	A cautious superficial route for suitable stable epidermal pigment.	From GBP 45
Acne programme	Controls current breakouts before chasing each new mark.	Quoted

A useful home-care foundation

- Treat the cause first
- Use gentle fragrance-free products
- Wear tinted broad-spectrum sunscreen
- Give marks time; many fade slowly

Pause and seek appropriate review when

- The original rash or acne is uncontrolled
- Marks are grey-blue, deep or persistent
- A lesion is changing or symptomatic
- Pigment follows medication or systemic illness

Remember

This leaflet is general cosmetic education. It does not diagnose a condition, confirm suitability, replace medical advice or act as treatment consent. Individual response and recovery vary.

Read the full guide: <https://starwellness.studio/post-inflammatory-marks-explained.html>

Idalia Aesthetics & Wellness - Dudley and the West Midlands