

MILIA (SUN INDUCED WHITEHEADS)

You have a condition, which many patients refer to as whiteheads. The technical name of these small bumps are milia. These are not related to surface clogged pores, acne, or washing your face improperly.

These type of milia are related to overexposure to the sun. This is not the sun exposure from the last year or two. This is the sun over your entire life. In fact most of the sun exposure occurred when you were 5, 10, or 20 years old. It is estimated that approximately 75% of our total sun exposure occurs before the age of 25.

What happens is that the sun can produce damage just below the surface of the skin. The pores tend to get clogged there and this is what produces the small whitehead type bump.

These milia bumps are not cancer or an indication of any internal problem. In general their appearance is the only reason why people are concerned about them.

There are various treatments, which can be helpful in this condition. These include topical medications, which are applied to the skin or the actual removal of the growths with various methods. I can discuss with you the best treatment for your case at the time of your visit.

Again these small whiteheads are growths known as milia. They are related to lifelong overexposure to the sun. There is certainly nothing to be concerned about and there is effective treatment.

If you have any other questions regarding these growths, please ask them before you leave the office.