

RUBIN METHOD OF PHOTODAMAGE CLASSIFICATION: Pigmentation • Hyperpigmentation • Hypopigmentation

Level	Clinical Signs	Abnormalities	Explanation
Level one (least severe) Treatment Protocol 1x to 2x per week Kojic Acid (serum or cream)	Changes to the epidermis.	The increased thickness of the stratum corneum creates a drab and uneven skin surface with mild discoloration.	Depending upon the amount of sunlight exposure, the appearance of either freckles or small brown patches (commonly called “age spots” or lentigines, as they are typically seen in elderly people). Wrinkles, if any, are few.
Level two (more severe) Treatment Protocol 1x to 2x per week Kojilac Acid Vitamin C- For Exfoliation Lactic Acid – For Hydration Hydroquinone (2%) – Goes a little deeper for pigmentation because of Vitamin C	Changes to both the epidermis and papillary dermis.	Elevated level one damage with noticeable discoloration and inconsistency of skin surface. Wrinkling is evident, especially with movement.	Pronounced wrinkles around the mouth and eyes. Increased freckling and lentigines. As the stratum corneum thickens and slowly becomes more nonuniform, skin texture begins to resemble crepe paper in texture.
Level three (most severe) Treatment Protocol 1x per week Hydroquinone (2%) Vitamin A pads (Exfoliation turns skin over) Retinols (Convert themselves to Retin-A in the skin), Retinoids	Changes to the epidermis, papillary dermis, and reticular dermis.	Sun-damaged, the pigmentation assumes a grey or yellow hue. Skin surface has a thickened, rough texture usually sprinkled with open comedones, especially in the cheek nose and forehead areas of the face.	Critical photodamage. Wrinkling is evident with or without movement. Skin surface is irregular and pitted, with intermittent peaks and valleys highlighting deep furrows. Hyperpigmentation and/or hypopigmentation is very common.

