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Tips for Finding Best Vitiligo Treatment by [James Blee](#)

Article published on June 7th 2012 | [Health](#)

Vitiligo is one of the most common problems faced by most of the people and especially women. It can affect the ability of a woman to live a normal life and especially if she is married. There are different types of treatment for vitiligo. This article will discuss some of the best options for Vitiligo treatments.

â€¢ Proper cover-up: Cosmetics are really helpful in covering up white macules and it can help in Vitiligo treatments. There are lots of options including self-tanning lotions and even cosmetic camouflage for the patient.

â€¢ Restoration of normal skin tone: It is observed that skin color restoration may help in hiding spots and some people even consider complete body treatment. One of the basic vitiligo treatments include use of corticosteroid creams which are considered to be safe and simple to use. Generally it takes two months for treatment of vitiligo and one should keep in touch with a physician for regular check up.

â€¢ Mini-Grafting: Mini-grafting is another important method used for vitiligo treatment and it is used to treat affected area of the skin. The process involves unifying the tone or color between different graft sites. It is advised for patients who have few spots on their skin.

â€¢ Use of topical creams for bleaching skin: Another important treatment for vitiligo is to unify the skin tone of patients. Patients can use these all over their body for hiding vitiligo spots. In most of the cases, topical creams serve the purpose of 93 percent of the patients. But keep in mind that bleaching may even lead to sunburn and other associated risks. It is best for them to avoid direct skin exposure and sunscreen is best for avoiding sun burn or side effects of direct skin exposure.

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[James Blee](#) - About Author:

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Article Keywords:

vitiligo treatment, treatment for vitiligo, vitiligo treatments

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