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What causes anal discoloration?

There are many reasons why your anal region could be suffering from discoloration. Some possible reasons can be your diet or your hygienic habits in the bathroom. Both of these causes can be prevented by either altering your diet or by using inexpensive moist wipes instead of rough toilet paper. Some anal discoloration, however, is unpreventable. Your skin may just take on a different pigment in that region, or perhaps you have a birthmark. Only your doctor can tell you for sure.

Can I prevent anal staining?

There are two steps that you can take to prevent anal staining from occurring, as well as from reoccurring after you have gone through treatment. The first is to use moist wipes in the bathroom and the second is to alter your diet.

Learn more about using moist wipes [here](#).

Learn more about altering your diet to lighten your skin [here](#).

Should I see a doctor?

As you know, the anal portion of your body is quite sensitive. It is also vulnerable, as it leads to the inside of the body. You should always keep this in mind when making advancements toward any treatments--medical or cosmetic. However, in recent times it is hard to tell whether a doctor is giving you medical advice or just trying to make money off of your insecurities. The wisest way to approach anal bleaching is to consult as many experts and professionals as possible before you chose your method, product, beauty service or medical treatment. You should also be sure to consider all of your options such as performing the procedure yourself, at home.

Can I get a prescription for anal bleaching cream?

If you are comfortable enough to seek public attention for your anal discoloration from a cosmetic surgeon or dermatologist, you can ask them about a prescription topical skin cream that will lighten your skin. You should ask for the cream that is often prescribed for Melasma--a condition in which dark patches appear on the skin. The skin bleaching cream that doctors prescribe for Melasma may be similar to prescription acne creams, in which the active ingredients are Retin-A (tretinoin) or Azelex (azelaic acid). A doctor, nurse or medical technician will apply the cream to your anal region several times in a series of visits.

How often should anal bleach be applied?

To successfully bleach you anal area, apply a generous amount of anal bleaching cream twice a day. You should see gradual results quickly and continuously, but for severely stained or discolored anal regions the lightening process can take up to three months. When you reach the desired color, you can discontinue use.

Should I go to a salon or spa?

Only if you want to spend a lot of money and allow a beauty technician to put chemicals on a very sensitive part of your body.

Anal Bleach Reviewed - FAQ

The anal area on your body is very sensitive and only you or your doctor--not a stranger or beauty school technician--are familiar enough with your body to apply chemical creams near it. In addition, individuals may feel uncomfortable performing anal bleaching in public spaces, and so may prefer to do so in the privacy of their own home.

To read more about why spas and salons don't want you to do anal bleaching at home, read our short article on [Salons and Spas](#).