

## TREATMENT INFO



We are proud to be using the most reputable medical grade IPL on the market, the Lynton Lasers Excelight. We also use the world renowned Candela GentlePro Max for more stubborn lesions. With these machines we are able to completely tailor your treatment in order to get you the BEST results!! From sun/age spots (not melasma - see "Chemical Peels"), thread veins, and rosacea, to leg thread veins (not varicose). We can also treat Spider Nevi, Venous Lake, and other vascular lesions.

### How it works

A quick flash of laser light penetrates into the skin to the blood vessel and/or pigmentation depending on the desired outcome. Our chosen laser and settings mean we can target the brown pigment (melanin) of unwanted pigmentation in the skin, and/or the haemoglobin within the unwanted vascular lesions.

For pigmentation, the heat blasts the melanin, forming a thin crust which flakes off days later to reveal a reduced or removed pigmented lesion (with continued treatments of larger lesions it can continue to reduce/remove).

For blood vessels, the heat coagulates the blood and shatters the wall of the blood vessel. The body then ingests this dead and discarded blood vessel. Again, for more stubborn vessels, more treatments may be necessary.

### Factors that affect the outcome

Sun exposure will always hinder any laser light therapy as we cannot safely treat any skin with a sun tan.

For pigmented lesions, this will of course always make these worse before they get better so we advise staying out of the sun whilst undergoing treatment for best results.

Lifestyle eg smoking, drinking, diet, being exposed to the elements frequently can also increase pigmentation and also rosacea.

Ultimately the human body is an ever changing, living breathing organism so new lesions will always continue to grow but we can keep them under control with these treatments. This is why it's a multi treatment process and we generally suggest 2-4 sessions, spaced 4 weeks apart.

### Sun exposure - IMPORTANT!

Your skin must be your base colour at your treatments. Please do not expose the areas to be treated for to direct sun or sunbeds for minimum 4 weeks prior - we cannot treat your skin when if it at all tanned whether it is fresh or from 4/6 weeks ago. If you hold tan well, please note that we will not be able to treat you until you are at your base colour. No fake tan for 14+ days prior and none on the skin at all for treatment. A broad-spectrum (UVA/UVB) sunscreen SPF 50 or greater should be applied to the area(s) to be treated whenever exposed to the sun.

If you arrive and we suspect you to be anything other than your base colour, you'll be turned away and lose the booking fee.

## PRE CARE



- Inform us of any medications or health issues asap (contraindications include: immuno suppressants, immunodeficiency, medication causing photosensitivity, melasma/vitiligo for face treatments, malignant melanoma ever, radiation last 6 months, poorly controlled diabetes, epilepsy last 12 months, roaccutane last 6 months, lymphatic disorder, lupus, tanning injections ever, pregnant, breast feeding, under 18, medications containing gold, metal implants etc)
- Do not take Ibuprofen/Naproxen/Aspirin/Blood thinners/ Antihistamines, or consume alcohol for at least 48h prior to your appointment (do not discontinue any medications without consulting your doctor)
- We advise to take a picture of the area to keep track of progress (as will we)
- No acids in the area for 7 days (AHA's/BHA's/Glycolic/Retinol) & no resurfacers/peels/dermplaning/ microdermabrasion in area 21+ days
- No waxing/plucking/epilating for 4+ weeks before or during treatment cycle
- No electrolysis or similar for 8 weeks in the area
- No exposure to direct sun or sunbeds for at least 4 weeks prior or risk burns
- No fake tan in the area
- No hormonal, steroidal or treatment creams on the treated area for 2 weeks
- No anti-microbial, anti-biotics, anti-fungal, anti-viral or St. John's Wort for 28 days
- Not have had surgery in the area within 6 weeks - we can only work on fully healed, flat scars
- Ensure you've had a patch test!

### Patch testing

This involves trying a number of settings on the area/s you wish to treat so that we can check for any adverse reactions and see which settings and technology is going to give you the best results. After this, and providing there are no adverse effects we advise waiting the following before commencing full treatment:

Fitzpatrick Skin Types 1 - 3: 7 days | Fitzpatrick Skin Types 5 - 6: sadly not suitable  
 • Anyone taking medication or has a clinical condition, providing that these are NOT contraindicated: 14 days

### The day of your appointment:

- Arrive on time and come alone - no under 18s are allowed in the clinic
- Ensure area is clean and free of any product e.g: moisturiser or deodorant
- Not expose the area to steam eg hot bath or shower on the day of treatment to keep body and skin temperature regular
- Not strenuously exercise, caffeine or smoking for 12h before treatment
- Wear appropriate clothing - comfy access to treatment areas, won't irritate post treatment



## AFTER CARE

**Do**

- Apply a thin layer of aloe vera ointment to the treated area to keep area moisturised and soothed. Aloe can be purchased in clinic.
- Apply a clean cold compress if swelling or excess heat/redness occurs.
- Take pain relief such as paracetamol (if you are medically suitable) to relieve any discomfort post procedure if needed
- Keep the treated skin clean and dry, if likely to get dirty you should protect with a dressing for up to 7 days post treatment.
- Make sure the treatment area is covered & reapply SPF 50 frequently if you are unable to avoid sun for the duration of your treatment course and for 4 weeks after the final treatment.
- Wear loose and comfortable clothing to avoid irritation.

**Do not**

- Apply makeup to the area for 12 hours following treatment, if any blistering or surface damage then no makeup on the area until fully healed.
- Use sun/sunbeds at all during your course of treatment and for 6 weeks after the last session.
- Apply perfumed creams, chemicals, bleach, fake tan etc for 48h.
- Scratch, rub or pick the area.
- Bathe in hot water, steam sauna etc for 5 days - medium temp is fine
- Exercise/sports/activities that may irritate the area or cause you to sweat, for 48h.
- Swim in strongly chlorinated water for 2/3 days.

**Things to expect after your treatment**

- Things we expect to happen: pinkness of skin, heat, darkening of the lesions in question which can form a light scab which flakes away
  - Things that happen less often: itching, bruising, swelling (usually around eyes on cheeks)
  - Things we do not expect to happen: Blistering, bleeding. However, in the unlikely events that these occur:
    - Cool compress will alleviate any swelling, do not ever pick any scabs or flakes, if a blister occurs do not pop it, protect it until it has healed fully
- Risk of these occurring are low but the risk goes up if you mix laser plus sun / sunbed / fake tan (any order)!