

## Vascular IPL / Laser Therapy Information Package:

### What are Vascular IPL / Laser Therapy and is it safe?

Vascular IPL /Lasers use light to target and reduce undesirable capillaries and blood vessels of the skin. The laser wavelength is selected to target the abnormal blood vessels only, sparing the surrounding normal skin structures. When used correctly by skilled practitioner, the technique is very safe and effective. Eye protection must be used by both the patient and the operator during therapy. This type of laser treatment is not related with any long-term problems such as skin cancers. To provide the technique more comfortable though, the skin is cooled with an ice pack to prevent the transferring heat energy into surrounding skin and to prevent unwanted side effects. Different light systems may be used to treat different vascular and pigmented problems including: spider or thread veins, port wine stains, rosacea, spider naevus, age or liver spots, solar keratosis, freckles, pigmented birthmarks, warts, verrucae, some scars and stretch marks.

### How does it affect the vascular lesions?

Capillaries and veins have red blood cells with haemoglobin that absorb light energy in a specific wavelength. Vascular lasers are methodically and clinically recognized means of delivering light energy to these unwanted targets to reduce their appearance. The haemoglobin absorbs the light energy that converts to heat energy and cauterize the blood vessels.

### What kind of lesions can be treated?

Blood vessels & facial redness

- Shrinks and removes broken capillaries,
- Facial redness is the result of thousands of fine broken capillaries that when treated will lead to reduction in the appearance of facial redness, and leads to less facial flushing and burning

Other vascular lesions that can also be improved include:

- Spider angiomas
- Venous lake
- Hemangiomas
- Capillary malformations

### What does the technique contain?

Mostly, 3-6 sessions are sufficient depended to the size of vein and skin type. However, in some persons, more sessions may be needed for best outcomes, typically with a week interval. Some

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vascular birthmarks may need several (5 to 10) sessions for obvious vanishing. No anaesthetic is necessary because of cooling plate; if it is required, anaesthetic cream (EMLA) can be applied 40 minutes before the practice, but may affect the results and Cause lesser outcomes.

Protective eyewear should be wear during the treatment. When the IPL or LHE machine works, there is a bright flash followed by a brief stinging pain similar to a rubber band flick or pinching sensation. This is followed by a mild burning feeling that persists for a few hours.

### What are the symptoms after the treatment?

Slightly redness, edema and sensitive can be happen for a few hours. Rarely these may be complemented by swelling (particularly around the eyes) and/or mild point scabbing that will disappear within a week. The vessels may darken and become more visible for a few days which are good signs, but it is not essential for the treatment to be effective. Most of the treated vessels will disappear; although, some may reappearance after 24 hrs, demonstrating a requirement for additional treatment. The treatment results are long-term (clearing about 60-80%), but new vessels may occur as expected, or as part of the basic rosacea development, demanding top-up treatments years later.

### What are the side effects?

Side effects are rare and may contain:

- Burn and crusting
- Change in pigmentation – darker or lighter (hyper or hypo pigmentation)
- Individuals with darker skin and those with recent tanning are at greater risk of developing both hyper or hypo pigmentation
- The change in pigment may either be temporary or rarely, permanent
- Scarring and skin depressions – usually as a result of burns (extremely rare)

### What are the contraindications?

There are certain circumstances in which we may not treat:

- Pregnant or breast-feeding women
- Children under age 18 without parental consent
- Current significant skin disease / infections such as cold sores at the site of treatment
- History of keloid scarring (special precaution in high risk areas)
- Patients on medication that causes sensitivity to light
- Any emotional, mental or medical condition that may lead to unrealistic Expectations