

## FAQ's LASER BASED TREATMENTS

### Laser Based Treatments

#### HOW DOES LASER TREATMENT WORK?

The laser creates a beam of high-intensity light that penetrates deeply into skin tissue, where it delivers a controlled amount of therapeutic heat to the targeted blood vessels.

#### WHAT CAN I EXPECT DURING TREATMENT?

Treatment will take place in your practitioner's office. You wear safety eyewear to protect your eyes from the laser light. Your practitioner will guide the laser to the treatment areas with a small hand piece. Each laser pulse may be preceded and followed by a short pulse of cooling spray. A treatment could take as little as a few minutes to as long as an hour, depending on the area being treated.

#### DOES IT HURT?

Some patients may feel a slight discomfort with each laser pulse, sometimes described as the snapping of a rubber band on the skin. For some patients, a topical anesthetic may be used prior to treatment. Be sure to discuss this with your practitioner.

#### HOW MANY TREATMENT SESSIONS WILL I NEED?

The number of sessions depends on the treatment you require and the condition of your skin. Multiple treatments may be required, but many factors impact the efficacy of individual laser treatments, including the severity of the condition being treated.

#### HOW CAN I PREPARE FOR TREATMENT?

Your skin should be thoroughly cleaned and dried, removing any make-up, creams, oils, topical anesthetics or self-tanning products before laser treatment. If you have had a history of herpes simplex virus and are scheduled for facial vein treatment, prophylactic antiviral therapy may be prescribed. The intended treatment area should not be exposed to sunlight or tanning booth light for 14 days prior to treatment.

#### WHAT CAN I EXPECT AFTER TREATMENT?

A cool compress or gel pack may be applied for comfort following your treatment. Any redness or swelling should resolve within a few hours.

#### WHAT PRECAUTIONS SHOULD I TAKE AFTER TREATMENT?

After laser treatment, prevent sun exposure by applying sun block (SPF30 or above). In the first few days after treatment, do not scrub or rinse the treated areas with abrasive skin cleaners. Your practitioner may advise additional precautions.

#### ARE THERE SIDE EFFECTS?

Your risks are minimal. Side effects may include redness, swelling, hyper-pigmentation, hypo-pigmentation, blistering and purpura (a laser bruise) in the treated area-these usually do not last more than a few days. Permanent side effects are rare. Be sure to discuss potential side effects with your practitioner.

### IPL- Intense Pulse Light

#### WHAT IS LIGHT-BASED THERAPY (INTENSE PULSED LIGHT) AND HOW DOES IT WORK?

Intense Pulsed Light (IPL) therapy is an effective way to rejuvenate the skin, giving it a more youthful appearance. Light-based treatments use a less-intense, broader spectrum of light than lasers, but are effective in treating rejuvenation of the skin.

#### ARE LASER AND LIGHT-BASED TREATMENTS SAFE?

Yes, laser and light-based treatments have been used for many years for a variety of medical and cosmetic procedures.

#### WHAT WILL MY TREATMENT BE LIKE?

You and your practitioner will wear safety glasses to protect your eyes during the procedure. The doctor will use a small hand piece that touches your skin to deliver the light.

#### ARE THERE ANY ADVERSE SIDE EFFECTS TO LASER OR LIGHT-BASED TREATMENTS?

In general, most procedures have a low risk of adverse side effects. Some patients experience pigment changes in the skin color. If this occurs, the skin will typically return to normal pigmentation over time.