

**General Information:**

The Spectra XT Laser is one of the most sophisticated Q-switched infrared lasers in the world. The light beam is used for treatment of a number of benign coloured lesions with less risk of scarring and stimulation of pigment.

**Sun exposure:**

For all pigment treatments: it is important to keep the treatment area out of the sun at all times AND protect with SPF 30+ to avoid any unwanted side effects and help prevent pigmentation from recurring.

**□ The Procedure for Treatment of Melasma, Nevus of Ota, Mongolian Spot – Laser Toning:**

Due to the wavelength used, your natural skin colour is usually not affected, and all skin colours can be treated without difficulty.

No anaesthetic is required. The laser procedure is fast and one to two passes will be performed during one session. You may note some minor stinging in the lased areas which usually resolves very quickly after the procedure.

After your treatment, the pigment may look slightly pink, there will be no crusting as the pigment sits deep in the dermal layers. Avoid picking or scratching of the treated area to prevent scarring. Over time you may notice a fading of pigment, however, it is important to emphasize that multiple treatments will be necessary to completely lighten the lesion – often as many as 8 – 10 treatments may be required.

Not all clients respond equally with some having complete clearing, others have minimal results. It is also possible that Melasma may recur as it is a condition caused by hormonal imbalance or a predisposition of the client.

**□ The Procedure for Facial Flushing, Rosacea, Post Acne Redness – 595nm:**

Due to the wavelength used, all skin types can be treated.

No anaesthetic is required, however, a topical anaesthetic cream will be offered to you. You may note some minor stinging in the lased areas which usually resolves very quickly after the procedure. The laser procedure is fast and the entire face can be treated during one session using 2 - 5 passes, depending on the redness.

After your treatment, the skin will appear red, slightly swollen and have a burning sensation.

**□ The Procedure for Superficial Pigmentation (freckles, sun damage and lentigines) – 532nm and 660nm Q-Switched:**

The wavelength 532nm can treat light skin colours and 660nm can treat darker skin colours.

No anaesthetic is required, however, a topical anaesthetic cream will be offered to you. You may note some minor stinging in the lased areas which usually resolves very quickly after the procedure. The laser procedure is fast and the entire face can be treated during one session using 1 - 3 passes, depending on the pigmentation.

After your laser treatment, your skin may feel hot, the pigment will look darker. There may be swelling and redness around the border of the lesion. The skin will may be pink (similar to a mild sun burn) and crusts will form on the lesion after 3 - 4 days. The pigment will peel away within approximately 1 - 2 weeks after treatment. Multiple treatments may be necessary to completely lighten depending on the lesion.

Results may vary depending on sun exposure and any underlying genetic background.

**□ The Procedure for Acne, Oiliness, Pore Tightening, Rejuvenation:**

1064 nm wavelength (Spectra Mode and Q-switched). Designed to enhance collagen synthesis for collagen remodelling, achieving tighter pores and controlling oil secretion. Spectra Peel giving a further micro peel to the effects to this treatment. No anaesthetic is required.

The laser procedure is fast and the entire face can be treated during one session using 1 - 3 passes, with approximately 8 -10 sessions are required.

After your laser treatment your skin will feel refreshed, brighter and tighter.

**Complications of the Procedure:**

Complications of lasing are rare, however, they are possible and include crusting, bruising, blistering, secondary infection, scarring, and skin pigmentary changes. Bruising of varying degrees is expected, and resolves without problems within 10 - 14 days of the laser procedure.

**After care for all pigment procedures:**

Any discomfort associated with the procedure can be minimized by the use of soothing gel and cool compresses or ice packs. Avoid hot showers, spas, gym etc. for 24 – 48 hours. The next day, a light application of moisturising lotion and SPF 30+ can be applied. Post treatment we will apply a soothing laser gel and recommend to use it at home if stinging or burning occurs.

**Wear SPF 30+ at all times and do not expose the treated area to the sun!**

**Follow-up procedures:**

Re-treatments are done at 4 - 6 week intervals.