

Lumecca Intense Pulsed Light (IPL)/ Laser treatment



This advice sheet supports the information you will have been given by your specialist team. If you have any questions regarding your treatment please ask a member of staff.

WHAT DOES THE IPL/LASER DO?

The IPL/Laser uses a concentrated beam of light, which passes through the outer layer of the skin and destroys the fine blood vessels just below the skin surface. The blood vessels are removed, partially or completely, but the remainder of the skin is left relatively unaffected.

WHAT DOES THE TREATMENT INVOLVE?

Pulses of IPL/laser light will be applied directly onto the area to be treated. Each pulse only lasts seconds and causes a brief stinging discomfort and after treatment the treated area may feel hot. Most people tolerate this treatment, or ice packs can be applied to cool the skin following treatment.

You will need to wear protective goggles when receiving treatment.

WHAT ARE THE SIDE EFFECTS?

Bruising may occur and last from a few days to a few weeks.

Scarring is a potential problem following IPL/laser treatment but is uncommon. When it does occur, it is usually a slight depression in the skin or a texture change. This may return to normal with time. Very rarely a thick scar can develop. In some people a brown stain can develop but this generally fades over a few months.

IMPORTANT DO'S AND DON'TS BEFORE TREATMENT

1. Tanning of the skin reduces the effectiveness of the treatment. You should avoid sun or sun-bed exposure and use strong sun block creams (factor 30-50), if your skin is exposed to light. Treatment may be delayed if tanning is evident in the area to be treated.
2. Make-up or camouflage will block out the IPL/laser light and should be removed prior to treatment.

AFTER TREATMENT

Immediately after treatment, the skin usually looks grey or white with some surrounding redness or swelling, this can last for several hours. There is often blistering which may take an hour or two to appear. Each area of skin usually needs several treatments in one or more sessions, over several months. The larger the treatment area, the more treatment sessions are required.

1. The treated area should be protected until the skin has fully healed because injury could produce scarring. Avoid any injury, rubbing or scratching and if a scab forms, then let it separate naturally.
2. If the treated area is painful, then paracetamol or home-made ice packs can be helpful. Moisturising creams may be used but must be applied gently.
3. If there is any blistering or scabbing then the treated area should be kept dry for 48hrs. After this time brief contact with water in the bath or shower would not be harmful. However, the area should not be soaked and swimming should be avoided.
4. If possible avoid applying make-up or camouflage for three days.
5. If the redness or swelling lasts for more than a couple of days or if there is excessive crusting or weeping, then the treated area may have become infected and could cause scarring. If the treated area looks like it might be infected then contact your GP.
6. The treated area will be sensitive to the effects of sunlight for four to six months after each treatment and should be protected with strong sun blocks before and during sun exposure.



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