



## GentleMax Pro™ PIGMENTATION INFORMATION

Laser pigmentation removal works by using an intense burst of light to target the pigmented lesions, causing the selective healing of the epidermis. The pigment can be precisely targeted without causing any damage to surrounding tissue or underlying dermis. After each laser treatment, a gentle wound-healing response leads to new collagen formation and a clinical improvement to the treated area over time. The pigmentation/sunspot will gradually lighten and fade, slowly disappearing. Initially the treated area may seem darker and flaking is common.

### What can be treated?

The GentleMax Pro™ laser is effective for treatment of:

- Pigmentation spots like freckles, age spots
- Sun-damaged skin
- Haemangiomas
- Facial veins
- Fine lines
- Hair removal

### What does the treatment involve?

Most patients are reclined or lying down, depending on the area being treated. Both the patient and the laser technician will be wearing protective eyewear (usually goggles or metal eye shields for the patient). The laser will then be calibrated and the treatment parameters set, based on the condition being treated. You will hear a number of 'beeping' sounds while the laser does this. Each condition and each individual is unique, and these settings will be individualised to maximize the results you will see following treatment.

In some cases before definitive treatment is carried out, small areas may be treated at different settings to determine the most suitable power settings and monitor response ('test patches'). After an evaluation period of 4-6 weeks, the area is then assessed and treatment can be started using the appropriate parameters.

### Does the treatment hurt?

The GentleMax Pro™ Laser is delivered in pulses of light. It feels a little like an elastic band being 'snapped' against the skin. You will also feel some warmth. Most people tolerate the treatment without anaesthetic if it's a small area. If you do find the treatment too uncomfortable, then an anaesthetic cream can be used. It needs to be applied to the areas at least 60 minutes prior to the procedure. We will also use ice throughout your treatment which will soothe the skin.

### What are the side effects of treatment?

There will be some mild discomfort during the treatment. Immediately after the treatment the area will appear red, and mildly swollen (sunburn-like). You may also have some degree of darkening of the pigmentation, which will slowly get darker over the next day or so. Over the next 7-10 days the dark areas of pigment will peel off. It is very important not to encourage the peeling and allow the healing process to happen naturally.

Moisturising regularly will help the skin heal without getting too dry. Immediately after treatment, an ice or cold pack will be given to you and the use of ice/iced water compresses over the next 24-48 hours will help to decrease swelling and discomfort. Having someone drive you home after the treatment is useful so that you can apply the cold pack.

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## **Less common side effects**

include pigmentary changes (lightening or darkening of the skin in the treated areas), thinning of the skin (atrophy) and scarring. As the laser usually delivers a circular pulse of laser light, 'patterning' and demarcation between treated and untreated areas may sometimes be seen early in the treatment programme. Some lesions do not respond as well as expected and limited improvement may be seen.

## **Are there any special precautions I need to take before or after treatment?**

It is recommended that you avoid sun exposure before and for 6 weeks following the treatment to minimize side effects. An SPF 50+ sunscreen should be worn daily during this time (even on cloudy days). This helps to reduce the risk of brown pigmentation (increase in skin colour). Applying ice packs or cold compresses to the treatment areas on and off for 24-48 hours following treatment will help minimize swelling and discomfort.

If you do develop any blistering or crusting, do not pick the scabbing off. Gently clean the areas and apply a thin smear of Vaseline twice daily until healed. Make sure you let your doctor know at your next consultation that this has occurred.

It is best to use gentle cleansers and moisturisers during the healing phase. Avoid facial scrubs or potentially irritating creams (for example, those containing retinoids/retinols and AHA).

## **Therapist Consultation**

The number of treatments required and the cost involved will be advised during the consultation with your therapist.

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