



0800 SKIN DR (0800 754 637)

## IPL and NdYAG Laser Treatment for Skin Rejuvenation

### What are IPL and NdYAG Laser and how do they work?

IPL stands for Intense Pulsed Light. NdYAG is a medical grade laser. They improve your skin by removing red veins and brown pigment with concentrated light. Multiple IPL treatments also stimulate collagen and skin smoothness.

### Who should not have IPL and NdYAG Laser?

IPL and lasers should not be used on the darkest skin types which have a higher risk of burns and discolouration. You should avoid treatment if you are pregnant or breast-feeding, are tanned, have used fake tan within two weeks, are on certain medications, have melasma or can't avoid UV exposure on the area for four weeks after treatment.

### What are the side effects?

Immediately afterwards your skin will look **red and swollen** and feel **hot**. Cool gel helps this settle. Excess brown pigment **darkens and flakes off** over 5-14 days. Red vein treatment can cause a **bruise** which fades over 14 days. Early in treatment, 'footprinting' may occur, with treated areas appearing paler than the surrounding skin. This evens up with more treatments. Treatment areas with hair may show patchy **reduction of hair**. We avoid treating over **cosmetic tattooing** to avoid a blister, burn or fading. Darker skin types may form **paler or darker areas** after treatment, which usually fades over months, but can be permanent. Rarely, a **burn or blister** may occur, which could result in infection and **scarring**, so please contact the clinic immediately if this occurs. Treatment during **summer** has a greater risk of side effects, so you must be extra careful with sun protection.

### Does it hurt?

Treatment feels like a quick, hot sting. We use special cooling techniques to maximise your comfort during treatment.

### How long does treatment take?

Appointments take 15-45 minutes depending on the size of the area to be treated. Usually appointments are 3-6 weeks apart.

### How many treatments will I need?

Most people get 60-90% improvement after a course of treatment. Brown pigment and red veins take 1-3 treatments and rosacea takes about 3. Unfortunately, a small number of people don't respond to treatment which can't be predicted beforehand. Treatment can improve current veins and pigment but does not prevent new blemishes developing in future. We can recommend skincare products to help your treatment results last longer.

### Do I need a test patch or skin check?

We'll do a test patch at least 24 hours before treatment. If you're low risk, you can opt out. You must have a test patch if you have darker skin, have specific ancestry, are on certain medications, make brown pigment as a healing response, have had previous burns with treatment, or might be tanned. For your safety, brown spots in the treatment area must be checked for cancerous changes by a skin doctor up to three months before treatment.

### What should I do before treatment?

1. Please wear SPF30 every day for a month before treatment and avoid UV exposure.
2. Please stop strong Vitamin A skincare two days before treatment.

### What should I do after treatment?

1. Apply cool gel or an icepack for 30 minutes afterwards to reduce the risk of blisters and swelling.
2. You may apply make-up immediately to disguise redness.
3. **It is very important to avoid UV exposure and protect skin with a hat, clothing and SPF 30+ at all times for 4 weeks following treatment.**
4. Please do not scratch or pick any healing areas.
5. Restart Vitamin A after any redness or flaking has settled.
6. Long term, wear SPF30 daily, and avoid UV exposure to prolong your result.
7. Please contact Skin Institute if you have any burns, blisters or other concerns after treatment.

If you have further questions please feel free to contact the clinic on 0800 SKIN DR (0800 754 637)

or Emergency After Clinic Hours: \_\_\_\_\_

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Patient Initials

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