

## ***LIMELIGHT TREATMENT FOR PIGMENTATION AND SKIN REJUVENATION***

At Tristram Clinic we use Cutera laser Limelight for treating brown spots, pigmentation and for skin rejuvenation.

### ***How does it work?***

The Cutera Limelight produces light of all wavelengths and therefore colour. A filter is then attached, which filters out the wavelengths not required for a specific treatment, thus making it a multi purpose machine. Once the correct filter is applied the light is directed at its target color (brown for melanin and red for blood). When it reaches its target, light is absorbed and converted into heat, effectively destroying the target cells. The wavelength also determines the depth of penetration – very superficial for pigment and slightly deeper for red vessels.

Surface pigmented lesions are more easily treated than pigmentation originating deeper in the skin, as with Chloasma or Melasma. How defined the edges of the pigmentation is, is an indication of its depth – well defined edges for superficial and more ill defined, or smudgy edges, for deeper lesions.

Appropriate settings of the Cutera Laser machine are very individual. You will be asked to complete a detailed medical history form to ensure there are no contra-indications to having the treatment, or factors that may affect your skins absorption of light. This information then determines the settings used. The therapist will start treatment at a joule (power) setting lower than what is likely to be effective, and then increases gradually until the appropriate response, or end point, is found. Treatment is then carried out at this setting and is the starting point for subsequent treatments.

It is inappropriate to treat tanned skin at any time so you may be sent away for up to six weeks with a SPF30+ sun-block if you arrive with either a tan from the sun, or false tan, in the areas to be treated.

*After care:*

1. Immediately after treatment the treated area will most likely be quite pink. This lasts for 2 – 24 hours.
2. Brown or pigmented areas will darken at the time of treatment and usually continue to get darker over the next few hours. This is called the 'Milo' effect. These areas peel off over the next 2-10 days taking much of the color with them. Makeup can be applied during the peeling phase, as the skin is not actually broken so there is no risk of infection. It is important to follow the post care instructions, particularly in regard to keeping the area very well moisturised and protected from the sun.
3. Swelling is not uncommon for a few days, or up to one week afterwards. Women are more likely to get swelling than men. Swelling varies from localised lumpiness around the treated lesions (noticed when applying products the next day) to significant swelling and puffiness particularly around the eyes. The degree of swelling is dependent on skin type, intensity of treatment, number of pulses used and proximity to the eyes.
4. There is also a small chance of bruising. The bruises are usually quite small and localised to the area treated by a pulse, but can be very dark and difficult to hide with makeup. If it is inappropriate to have either swelling or bruising, owing to social commitments or type of work, when the therapist is talking through the consent form she will take this into account and adjust the settings accordingly. It may mean an extra 1-2 treatments overall, but does not detract from the end result. Treatments are done at 4-6 weekly intervals.
5. Blistering is uncommon but can occur on rare occasions.
6. The most important after care is sun protection. If melanin producing cells are 'upset' by the treatment and then the area exposed to the sun, upsetting the cells further, they

will over produce melanin and new brown areas will appear. We recommend a SPF30+ sun block be used for 30 days post treatment, regardless of weather. If you are about to go on a beach holiday then postpone your treatment.

*How many treatments:*

2-5 treatments are necessary. Do not budget on less than two or you will be disappointed. We stop when you are happy, or there are no longer signs of improvement. There is continued rejuvenation of the skin, resulting in improvement in texture, pore size and tone. For this reason many people will continue to have five sessions even if the pigmented spots have gone after treatment two or three.

*Cost:*

A full face is \$360 per session. Chest and neck are between \$200 - \$350 dependent upon the size of the area treated. If more than one area is treated in one session the cost is likely to be approximately \$500.

*Safety:*

The Tristram Cutera Laser machine is considered very safe and effective and all Laser therapists are highly qualified. Because extreme heat is involved the possible side effects or complications are those of burning. This will be discussed more fully at the time of consultation and/or first treatment. You will be asked to sign a consent form prior to treatment outlining all the possible side effects and risks. Laser light can damage eyesight so you will have shields placed over your eyes. Anyone accompanying you will be given safety goggles. It is therefore not suitable to bring young children with you.