

FAQ's – Acne Treatments with LightPod Neo

Contraindications:

Patients that should not be treated include:

- those who are pregnant*
- those who are sunburned or have irritated skin in the sites to be treated*
- those who are exhibiting unidentified skin conditions in the sites to be treated*
- those who have healed poorly after other types of laser treatments*
- patients prone to skin discoloration*
- patients who are taking photosensitizing medication, such as Accutane, should discontinue the medication 6 months before treatment*
- patients who are taking topical Retin-A, patients should wait 2 weeks before treatment*
- don't apply laser energy to any raised lesions, aside from purely red ones i.e. angiomas; other lesions should first be checked by a dermatologist*

Patients who are sunburned should wait until the burn subsides. Herpes Simplex Labialis (fever blisters) can be activated by laser treatment, especially on the upper lip, and patients with a tendency for fever blistering can be started on antiviral medication before treatment.

Setting expectations:

Patients need to be informed that clearance of acne typically takes up to 4 treatments in order to see a good result. Acne is caused when pores become clogged and then infected with the p. acnes bacteria. It is not always caused by poor diet or hygiene, but a change in each may help yield better results. The laser light heats of the affected area to effectively kill the p. acnes bacteria while also helping to shrink the sebaceous glands, which will cause them to produce less oil, limit future outbreaks and reduce pore size. Also, some patient's condition may become worse before it gets better. This should subside as the treatments progress. The patient should be aware of this risk and common occurrence, otherwise the patient might opt out of continued treatments. There is no cure for acne, only maintenance, so the patient should be aware that they may need more treatments in the future.

How many treatment sessions are required?

This can vary depending on skin and severity of the condition, but generally 4 to 6 sessions are required to achieve a good result. After that, the patient may need maintenance every few months depending on their skin type.

Do I need to use topical anesthesia? What about gels?

No. Anesthetics and cooling gels are not needed with LightPod Neo, because MicroPulse-1064 makes it uniquely pain-free. However, some buildup of heat will be experienced and slight pinching may be felt while using the 2mm spot size. This unique benefit saves time, cost and mess by eliminating gels and sprays required by other lasers that cool the skin during treatment. Also, this can increase revenues through a higher rate of client retention – with other lasers and IPL devices, clients often abandon treatment after just one or two sessions due to intolerable pain.

Is it painful?

No, there is just a mild, very tolerable sensation of heat. This is one of the key technical breakthroughs of Aerolase technology! The LightPod Neo has set a new standard for virtually pain-free treatment, even on darker skin types, thanks to MicroPulse-1064 technology.

What is the ideal distance to have the handpiece with 6mm lens away from the skin while doing acne treatments? And the 2mm lens?

The distance does not actually matter, as this is the only laser available with a collimated beam. Most people work from a distance such as 2 to 4 inches, so it is close enough for easy aiming yet far enough from the skin so that the handpiece does not visually obscure the target. With the 2mm lens you want to hover over the area without touching the skin, but try to stay within 2 inches of the target. You may, of course, touch the skin with the standoff legs, but do not press them into the skin.

When can I expect to see an improvement in my condition?

Improvement may be seen anywhere from 4-8 weeks depending on the severity of the condition and the patient's skin's reaction to the therapy. Some patient's condition may worsen before it gets better. It is important to realize that there is no cure for acne, only maintenance, so further treatment may be required in the future.

Is it permanent, or will my acne come back?

There is no cure for acne, only maintenance, so further treatment may be required in the future. This will vary patient to patient and some will have greater results than others depending on the severity of their acne, their skin type and their daily maintenance.

What's the spot size for acne?

The Neo utilizes the 6mm and 2mm spot sizes for acne. The 6mm lens is used to canvas the entire affected area in order to effectively heat the sebaceous glands and destroy the p. acnes bacteria. The 2mm lens is then used to pulse once on each visible blemish, thus effectively killing the active bacteria and reducing the redness of the affected spot.

Can it be used on dark skin?

Actually, the LightPod Neo is the safest laser in the industry for darker skin types or tanned skin. This is because of MicroPulse-1064 technology, which essentially eliminates treatment pain while minimizing the chances of hyper and/or hypopigmentation. Patients with skin types IV-VI should not be treated with on the face with high power using the 2mm lens as the risk of hyper and/or hypopigmentation is increased.

Can it be used on acne scars?

Yes, during the normal course of acne treatment the laser light will also help to lessen any cratering or pock marks caused by acne. This is enabled by the laser light superheating the water within the skin's dermis and helping rebuild and regrow both collagen and elastin, effectively helping smooth out any imperfections left behind from acne.