

FAQ's – Pigmented Spot Removal with LightPod Neo

Contraindications:

Patients that should not be treated include:

- 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:

Some patients will respond better than others and the number of treatments for each lesion may depend on the darkness and size of the lesion as well as the amount of laser energy used. After treatment the lesion should continue to darken and eventually slough off in 3-4 weeks. Some differences in pigmentation between the treated spot and surrounding tissue may persist after the lesion is fully or mostly removed.

How many treatment sessions are required?

This can vary depending on the size and color of the pigmented spot. Typically sun and age spots will disappear completely after 1-2 treatments although in some cases more treatments may be necessary.

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, especially using higher fluences with the 2mm lens.

Is it painful?

There is a mild sensation of heat that is very tolerable. A slight pinching feeling may occur when using higher fluences with the 2mm lens. 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. 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 treatments due to intolerable pain.

What causes sun and age spots?

Sun and age spots are commonly found on sun exposed skin. They typically do not appear until middle age and can appear in all skin types. Birthmarks and freckles are also commonly found in many people as a pigmented spot on the body without any sun damage. Spots can increase with age and with increased sun exposure. They are more common in people who freckle and who burn easily. It is important to know that if you have had enough sun to develop age spots, you have a higher risk of developing skin cancer. Age spots are collections of a pigment (called melanin) that have accumulated in the epidermis. Unlike some freckles, which darken in the summer and fade in the winter, age spots do not fade.

Is it permanent, or do the spots come back?

Many spots will be gone permanently, but due to the skin aging and continued sun exposure new spots will likely develop over time and more treatments will need to be performed. To slow the aging process and reduce the likeliness of new spots developing, patients should always apply sunblock when in the sun and avoid prolonged sun exposure.

Is it ok to do multiple passes or pulse over the same pigmentations?

Certain spots will react differently to the laser light. A good reaction is the spot darkening almost immediately after the laser is pulsed on the skin. If you find that there is no reaction from the first pulse, additional pulses may need to be applied to the spot.

What's the spot size for pigmented spot removal?

The Neo typically utilizes the 2mm lens for spot removal due to the high fluence needed to effectively remove any sun or age spots. Typically, more power is needed for lighter spots, while lower fluence is required to get rid of darker spots. The handpiece does not need to touch the skin, but when treating one spot at a time it may be rested on top of the skin as to stabilize the handpiece, but the legs should never be pushed into the skin.

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 hypo-pigmentation. Patients with skin types IV-VI should be treated very cautiously, especially in the facial region, as they pose a higher risk of having hyper and/or hypo-pigmentations.

Can it be used on raised pigmented spots?

A dermatologist should first check raised pigmented spots before starting any kind of treatment. If the dermatologist clears the patient for treatment you may proceed with administering treatments.

What happens after treatment?

The pigmented spots will continue to darken and commonly turn black. They will eventually scab over and slough off so it is important to always keep the area moist as to reduce the risk of scarring.