

Non-Surgical Skin Care Services: Laser Therapy

Laser Hair Removal

Laser hair removal can treat hair anywhere on the face or body. Women often treat the bikini area, chin, upper lip, and legs. Men can safely eliminate unwanted hair from places such as their backs.

WHAT IS THE TREATMENT LIKE?

Administered by a licensed nurse or physician, a small hand-held laser device used to deliver the light beams is placed on the treatment area. You might experience some mild discomfort during the session - like the feeling of a rubber band snapping against your skin. A topical anesthetic can be applied 60 minutes before your session, if needed, and some people like to briefly apply an ice pack afterwards. During the procedure you'll wear tinted goggles to protect your eyes from the laser light.

For each treatment we typically schedule three to seven sessions about four to five weeks apart.

AM I A GOOD CANDIDATE?

Laser hair removal works when the light beams are absorbed by the melanin in the hair shaft and follicle. People with dark hair are considered the best candidates. Blonde, gray, and strawberry-blonde hair may not absorb the laser light. Contrast between the hair and skin is also important, so people with dark or olive colored skin may not have enough contrast for the beams to be absorbed by the hair follicle.

Each person responds differently to laser hair removal. Some may require more treatments than others. Sometimes laser hair removal can't eliminate hair completely. If some hair does grow back, it's usually thinner and finer than before the treatment.

Before Your Treatment

You can prepare for laser hair removal by not waxing or plucking hairs in the treatment area for four to six weeks before your treatment - hair follicles must be present to be treated. You can still shave and in fact, you'll be asked to shave your treatment area 24 to 48 hours before your scheduled appointment. Because laser hair removal depends on the color of your skin and hair, you should not sun tan for a minimum of six weeks before your treatment.

After Your Treatment

There may be some redness or bumps immediately after the treatment, but nothing that will keep you from your daily activities. Some people apply a temporary icepack on their treatment area. You don't need time to recover after your session, so you can participate in almost all of your regular activities immediately after your appointment. You should, however, avoid exposure to the sun for the following four to six weeks.

ARE THERE ANY RISK?

Laser hair removal is a safe procedure, but there are some risks. Some people may experience redness, swelling, bruising, blistering, or superficial skin erosions that are temporary and heal with time. Another risk is skin discoloration, which can last for several months or may be permanent.

Non-Surgical Skin Care Services: Laser Therapy

Laser Tattoo Removal

A tattoo's size, style, color, depth, and age (how long you've had the tattoo) will determine the method and cost of its removal.

Laser treatments work best on dark colors, such as black, purple, blue, and red. Lighter colors, such as white, yellow, orange, green, and aqua may take longer or may need more treatments. In fact, these colors may never be completely eliminated. The depth of your tattoo will also affect the number of treatments you need. Most treatments take 15 minutes or longer, and it's not uncommon to need eight or more treatments spaced 6 to 8 weeks apart. Tattoo removals are done on an outpatient basis, usually with a local anesthetic.

After each treatment, your skin may be red and may sting like a sunburn for a few days. However, you should be able to resume your normal activities immediately. Keep the treated and dressed area out of the sun for at least 6 weeks, or as long as your doctor advises. Once the area is healed, you should protect it with sunblock with an SPF of 30 or higher whenever it is exposed to the sun.

Skin Rejuvenation and Brown Spots

ABOUT IPL PHOTO REJUVENATION?

IPL Skin Rejuvenation is indicated for the cosmetic reduction of sun-induced skin damage and aging, including superficial pigmentation (brown spots) and telangiectasias (broken blood vessels). Practically any part of any area can be treated from mild to moderate sun damaged skin, including face, neck, back and hands.

HOW DOES IT WORK?

All light based Skin Rejuvenation treatments work by converting light energy from the IPL to heat the treated area. This heat stimulates the formation of collagen and elastin which tighten the skin, lightens pigmentation, reduces telangiectasias, and ultimately - after a series of treatments – improves over-all skin tone, texture, and appearance.

WHAT IS THE TREATMENT LIKE?

During treatments, a mild warming sensation of the skin is noticed. Immediately after treatment, mild redness and slight swelling of the skin may be present. This will typically disappear over the next hour or so. Treatments of the same area are typically done after 3-4 weeks. Typically, a minimum of 5-6 treatments are required for optimum results.

WHAT CAN I EXPECT BEFORE AND AFTER TREATMENT?

Before Your Treatment

Avoid excessive sun exposure, tanning beds, or sunless tanning creams for at least 2 weeks prior to your appointment. Patients with a history of excessive hyperpigmentation may use a skin lightening agent or topical hydroquinone 2 weeks prior to treatment in the proposed treatment area.

Non-Surgical Skin Care Services: Laser Therapy

Continue Skin Rejuvenation and Brown Spots

After Your Treatment

A broad spectrum (UVA/UVB) sunblock, SPF 30 or greater, should be applied to the treated area(s) whenever exposed to the sun. If persistent redness, swelling and/or discomfort are noticed, apply a cold compress or ice pack intermittently. Avoid exposure to heat - such as hot tub or sauna - until the discomfort has completely resolved. If symptoms do not improve, or worsen, contact us immediately. If you notice blistering, crusting, drainage, or any other symptoms that concern you, contact us immediately.

WHAT SHOULD I LOOK FOR IN A LASER PRACTITIONER?

The treatment should be performed by a registered nurse (RN) or physician who's trained to operate a laser. Different treatment choices must be made for each patient. Side effects such as skin discoloration can result if the laser is operated by an inexperienced practitioner. At Kaiser Permanente, we provide only laser trained RNs or physicians to deliver high-quality care to our patients.

ARE THERE ANY RISK?

IPL Photo Rejuvenation is a safe procedure but there are some risks. Some people may experience the following:

- Burns: Blisters and burns are rare but occasionally occur. Very rarely, burns may become infected.
- Scarring: Objectionable scarring is very rare, but scars are possible.
- Pigmentation: Pigmentary changes may occur - either darker or lighter than your natural skin color. They usually resolve spontaneously but may take several months to resolve.

Vein Treatment

Spider and varicose veins can develop after childbirth or after taking certain medications, because of hormone changes, weight gain, prolonged sitting or standing, or they may be an inherited family trait. Spider and varicose veins can be embarrassing - they make many people self-conscious about wearing sports clothes, shorts, or summer tops. And if you have spider veins on your face, even a good makeup concealer won't always cover the veins completely.

DIFFERENT VEINS REQUIRE DIFFERENT TREATMENT

Spider veins are cherry red in color and usually appear on the legs, sometimes on the arms, and occasionally on the face. They are thin and thread-like, usually 1-2mm in diameter, and generally appear in a linear pattern, a branchlike pattern, or a spider pattern. Spider veins on the face, legs, arms, or body can usually be treated with lasers.

LASER TREATMENT

Spider veins can be treated with lasers, especially on the face, where the veins are too small and too close to the skin's surface to be effectively collapsed with sclerotherapy. Lasers destroy the targeted veins without damaging any surrounding tissues. Laser treatments are performed on an outpatient basis and usually take from 15 minutes to an hour. You may require more than one treatment. Cold compresses are recommended to reduce swelling. The treated area may bruise for approximately a week, and discoloration may last for a few weeks. In darker skin types, there is the risk of permanent discoloration of the skin, so you should discuss this issue with your nurse or physician during your consultation. Although laser treatment does not prevent new veins from forming, it is a very effective treatment that usually produces few, if any, side effects.

Non-Surgical Skin Care Services: Laser Therapy

Skin Resurfacing

Getting older is inevitable, but looking better faster is getting easier every day, thanks to quick-healing, targeted-energy skin care treatments. Rediscover a more youthful you with Fraxel Re:Store Laser Treatment.

Featured in magazines such as *InStyle*, *Makeover*, *Vogue*, and *O Magazine*, Fraxel Re:Store Laser Treatment is an exciting, nonsurgical, skin resurfacing technique that uses targeted laser light to single out:

- Sun damage and acne scars
- Age spots/brown spots
- Lines and wrinkles, especially around the eyes
- Melasma (mask of pregnancy)

The minimally invasive therapy can also be used to treat other areas of the body, including the neck, chest, hands, and arms, as well as stretch marks. To achieve full results, a series of approximately four treatments is recommended.

WHAT RESULTS CAN I EXPECT FROM FRAXEL RE:STORE LASER TREATMENT?

A “fractional” therapy, Fraxel Laser Treatment isolates imperfections while leaving healthy tissue untouched. The procedure promotes the skin’s natural healing process, minimizing healing time. New, healthier tissue replaces the old, damaged cells, resulting in a smoother complexion, improved texture, and a more even skin tone. Benefits are achieved with a reduced recovery time when compared with traditional laser skin resurfacing.

WHAT CAN I EXPECT BEFORE AND AFTER TREATMENT?

In most cases, Fraxel Re:Store Laser Treatment is easily performed in your doctor’s office. The procedure takes approximately 30 minutes per area. Downtime is approximately 2-3 days. Typically, you will need about four treatments with Fraxel Re:Store. Prior to treatment, the area of skin to be rejuvenated receives a thorough cleaning, and a topical anesthetic is applied about an hour before the procedure. If a large area of skin is treated, your doctor will discuss options to minimize any discomfort during the procedure.

Side effects include redness and swelling (which usually resolves within 2-3 days) and dryness, so you should apply a moisturizer following treatment. You might feel a mild sunburn sensation, or notice bronzing and peeling, depending upon both the condition of your skin and the extent of treatment. The risks of infection or scarring are negligible. It is important to apply a sunscreen of SPF 30 or greater twice daily, as well as to avoid direct sun exposure during the first few months following a Fraxel Re:Store Laser Treatment.