

# Laser Pigmentation Reduction

## What is laser used for and what areas can be treated?

We use the Cynosure Elite Plus which is a medical grade laser used to permanently reduce unwanted pigment, age spots and freckles on the face and body.

Consultations and patch tests are free and required before treatment.

## What happens during treatment and is it painful?

Following a consultation and patch test the area to be treated is cleansed and marked out, it is recommended to shave the area before the appointment, but any stray hairs will be removed before the area is treated.

The laser pulse is often described as a wave of heat with the sensation of a pinprick. There is a slight popping noise with minimal discomfort. Cooling can be applied to the area following treatment and aloe vera gel to soothe the skin.

Treatments are very quick an age spot for example can take around 5 mins from start to finish.

## How does the laser work?

The laser uses light to create heat and the light is absorbed by colour. The colour in the pigment heats it up breaking up the pigment. The pigment then turns darker before shedding in the following days after the treatment. 3 sessions are usually required 4-6 weeks apart.

## Is it safe?

The Cynosure Laser is proven in studies to be very safe, the staff at Skin by Sarah are highly trained. The laser is suitable for all skin types.

## Is there anything I need to do or not do before my treatment?

Avoid sun exposure, tanning beds, sunless tanning lotions or creams at least 6 weeks before treatment, this causes risk of blistering to the skin.

The area can be shaved 24 hours before treatment.

## What are the possible side effects?

- Slight darkness, redness and swelling may be seen for 24-48 hours. This is normal and is a sign of successful treatment.
- Although rare other side effects can occur including burns, blisters, pustules, scabbing, hypopigmentation, hyperpigmentation and scarring

## What after care should I follow?

Its really important to care for your after care following a treatment to ensure your results are as effective as possible and reduce the likelihood of complications. At Skin by Sarah we are passionate about delivering great results and committed to safety we are always happy to help with aftercare and advise the following:

- Avoid sun exposure for 6 weeks always apply SPF 30 or above
- Avoid heat treatments such as steam rooms, saunas for 7 days.
- Avoid excessive scrubbing or applying pressure to the skin 4-5 days after.
- Avoid shaving 72 hours after treatment.
- Avoid exercising at least 48 hours
- Avoid hot baths/showers 48 hours
- Avoid swimming for 48 hours (chlorine)