



ETERNAL CLINIC

Love the skin you're in.

Laser pigmentation removal/melasma/PIH

OUTLINE

Pigmentary skin problems are very common. Among them are sunspots also called age spots, post-inflammatory hyperpigmentation (PIH) and skin condition like melasma. Pigment is produced in skin cells called melanocytes as a defense mechanism against too much sun exposure or injury to the skin e.g. burns or an inflammatory skin condition like acne.

Treatment for pigmentary skin problems include:

1. Skincare - pigmentation is treated with medical grade skincare with higher concentration of skin lightening ingredients top layer of skin and inhibit new pigment production in the skin such as Vitamin C, brightening peptides e.g. Arbutin, derivative of vitamin A - Retinol, and Kojic acid.
2. Broad – spectrum sunscreen with SPF 30+
3. Chemical peels
4. Intense Pulse Light (IPL)
5. Laser resurfacing

INDICATIONS

Erbium:YAG (2940 nm) and Nd:YAG (1064 nm) lasers are effective in removal of photodamage cause by sun exposure, age-spots like seborrheic keratosis, post inflammatory hyperpigmentation (PIH) some cases of melasma.

<https://www.fotona.com/us/treatments/2293/pigmented-lesions/>

CONTRAINDICATIONS

Skin infection, within one week of chemical peel, within 6 months of oral Roaccutane or Retin A, within 2 weeks of topical retinol, recent ultraviolet(UV) exposure when the skin is still recovering from the inflammatory effects of sun, tanning beds, UV-curing lamps for nails, etc., or PUVA therapy.

Caution should be exercised in pregnancy, breastfeeding, inflammatory skin conditions (psoriasis), photosensitivity (porphyria, xeroderma), cancer, cardiac problems, pacemaker, tendency to keloid scarring, bleeding disorders or anticoagulant therapy, blood born infections (hepatitis, HIV), medication which causes photosensitivity to light, autoimmune conditions, severe Raynaud's disease, diabetes, pigmented skin lesions, recent surgery, allergies, over 65 years of age, polycystic ovarian syndrome

SKIN PREPARATION BEFORE TREATMENT

Prior to laser treatment you will be advised to use specialist skincare products to calm down preexisting inflammation, repair skin barrier function and suppress pigment production to assure uncomplicated recovery. You should avoid sun exposure and use mineral, broad-spectrum sunscreen with SPF 30 + for at least 2 weeks before treatment.

ANAESTHESIA

Anesthesia is not generally required. Topical anesthetic cream can be applied on the treated area 30 minutes before laser treatment if required.

PATCH TEST

A patch test is required at least 24 – 72 hours before treatment.

SKIN ANALYSIS

Prior to treatment you will need to have in depth consultation to assess your skin type, suitability for treatment and to discuss possible risks and benefits of laser treatment.

PROCEDURE

Skin is cleansed with suitable antiseptic and moisturized prior to the procedure. You will be wearing specialist goggles to protect your eyes. Laser beam will be passed over the treated area a few times. Sterile dressing will be applied onto the treated area, if necessary

TIME 15 - 30 minutes

WHAT TO EXPECT AFTER TREATMENT

You may experience redness, swelling and burning sensation which is normal. The burning sensation usually stops after 12 hours. Treated pigmented patches will become darker initially. After 10 days the skin peels off revealing pink skin underneath. The pink color fades away over time.

POSSIBLE ADVERSE REACTIONS

Adverse reactions after laser treatment are rare and may include excessive, prolonged redness, swelling, blisters, inflammation, itching, scabbing, hyperpigmentation, hypopigmentation, bruising, infection, cellulitis, scarring. We assure that all our staff are appropriately trained and follow our clinic's protocols to minimise the likelihood of adverse reactions.

DOWNTIME

Depending on the nature of the pigmented skin problem treated you should expect none to 7 days downtime. It is essential to plan laser treatment to assure that you have sufficient time to prepare the skin for treatment and to recover.

AFTERCARE

You must moisturize the skin after laser treatment and use broad spectrum sunscreen with SPF 30+ and reapply it every 2 hours as well as specialist skin care serum with lightening ingredients like vitamin C and others which suppress production of pigment in the skin for 4 weeks or longer e.g. in melasma. A breathable mineral foundation with SPF 30+ e.g. Oxygenetics can be used the following day.

NUMBER OF TREATMENTS

Pigmentary skin lesions may be completely removed after single treatment. In some cases, a top up treatment may be required. Removal of sunspots, age spots, PIH or melasma usually require 3 to 6 treatment sessions 4 weeks apart.

MAINTENANCE

Maintenance treatment is recommended every 18 – 24 months apart

PRICE

Removal of single lesion	£75	
Removal of 3 lesions	£145	
Removal of 6 lesions	£195	
Removal of 12 lesions	£245	
Face or décolletage	£345	Course of 3 £930
Face and décolletage	£621	Course of 3 £1,863
Both hands	£545	Course of 3 £1470

