

AGE SPOT & LENTIGO LASER TREATMENT

The Nd:YAG laser can be used to treat flat brown marks such as age spots. The best cosmetic result is achieved when it is used on pale skin types.

HOW DOES THE LASER WORK?

The laser uses a powerful light beam that shines through the outer layer of the skin. The brown pigment soaks up the beam's energy and gets extremely hot for a fraction of a second. This is enough to break up the pigment. It is usual to allow at least a month between treatments for the damaged pigment to be absorbed and the skin to recover.

WHAT IS INVOLVED?

The laser light is much brighter than sunlight and can seriously damage eyes, so everyone in the laser suite will have to wear protective goggles.

The laser fires in rapid bursts, these feel a bit like the spatter of hot fat from a frying pan or the flick of an elastic band. It varies with the sensitivity of the area being treated and the power used. The machine is noisy. The treated area may sting for a while afterwards. There is usually a fine white scab immediately afterwards. The treated area will be bruised underneath, this will gradually fade. One more treatment may be necessary after an interval of six to eight weeks.

WHAT ARE THE SIDE EFFECTS?

Apart from the effects noted above serious problems are rare. Scarring, either depressed or raised is a potential problem but is very uncommon. If it does occur it is usually in the form of some change in texture of the skin. There can also be some loss of naturally tanning ability in the treated area, but this often improves with time. If your general skin colour is not white it is difficult to get an even tone in the treated area to match your natural skin colour. Birthmarks may recur and the treatment should not be regarded as permanent.

SOME ADVICE ON CARING FOR YOUR TREATED AREA

You should not have many problems with the treated area. It generally settles rapidly and is best left alone. A suntan gets in the way of the laser light so avoid the sun, or use a strong sun block, before and during treatment. Keep the area to be treated as pale as possible. Be gentle with the treated area until it has settled down so as to minimise the risk of scars. It should not need a dressing as long as you can resist picking and scratching. If you are at all concerned after your treatment then get in touch with the clinic on 020 7435 7521.