

The uRepublic guide to Vascular Laser

What is it & is it safe?

Vascular lasers use light energy to target and destroy unwanted capillaries and blood vessels of the skin. The laser wavelength is chosen to selectively target the abnormal blood vessels only, sparing the surrounding normal skin structures. When used properly by trained staff, the procedure is extremely safe and effective. This type of laser treatment is not associated with any long-term problems such as skin cancers. To make the procedure more comfortable however, the skin is kept cool with a chilled plate so that the heat energy is not transferred to other areas of the skin to cause unwanted burns.

How does it work?

The skin structures such as capillaries and pigment spots absorb light energy at a specific frequency or wavelength. Vascular lasers are scientifically and clinically proven methods of delivering light energy to these unwanted targets to destroy them. Blood vessels, pigment containing brown spots and hair follicles are examples of common targets. The targets absorb the light energy, which gets converted to heat leading to its destruction.

What is the difference between IPL/ BBL and Lasers?

Lasers utilise a single wavelength to deliver energy to skin targets. IPL or BBL uses a spectrum of wavelengths. Lasers have a reputation of precision and power and are well proven and established processes in cosmetic dermatology. The vascular laser is often combined with IPL/ BBL for optimum results. The vascular laser targets the larger broken capillaries while the IPL/ BBL is more effective for the finer vessels.

What can vascular lasers do for me?

Blood vessels & facial redness

- Reduces and eliminates broken capillaries on the face and other areas such as the neck and chest
- Facial redness may be the result of thousands of fine broken capillaries that when treated will lead to reduction in the appearance of facial redness
- Leads to less facial flushing and burning
- Other vascular lesions
 - Spider angiomas
 - Venous lake
 - Hemangiomas
 - Capillary malformations

What does the procedure involve?

In most cases, one treatment should be enough. However, in some individuals, two treatments may be necessary for best results, usually spaced a month apart. Certain vascular birthmarks may require multiple (5 to 6) treatments for significant fading.

No anaesthetic is required as there is a cooling plate that both protects the skin and also reduces the treatment discomfort. If required, cream anaesthetic may be applied 30 min before the procedure. Protective eyewear is required and provided during the procedure, as the reflected light can be very bright.

A cool gel will be applied to the skin to facilitate skin contact of the handpiece. When the device fires, there is a bright flash followed by a brief stinging pain similar to a rubber band flick. This is followed by a mild burning sensation that lasts for a few hours.

What happens after treatment & how long will the results last?

The treated area will be red and slightly sensitive for a few hours. Make-up may be applied if desired. Occasionally these may be accompanied by swelling (especially around the eyes) and/or mild point crusting, which will settle within 1-2 weeks.

Treated vessels may darken which is a good sign but is not necessary for the treatment to be effective. Most of the treated vessels will disappear although some may return with time, indicating a need for further treatment. The treatment results are long lasting but new vessels may occur naturally, or as part of the underlying rosacea process, requiring maintenance treatments years later.

What are the unwanted side effects of vascular lasers?

Side effects are uncommon but may include:

- Burns to the skin leading to significant crusting
- Alteration in pigment – darker or lighter
 - Darker skin individuals or those with recent tanning, are at greater risk of developing both increased or decreased in pigmentation
 - The alteration in pigment may be temporary or rarely, permanent
- Scarring and indentations may occur as a result of burns (extremely rare)

Is everyone suitable for vascular lasers?

We do not treat:

- Pregnant or breast-feeding women
- Children under age 18 without parental consent
- Current significant skin disease / infections such as cold sores at the site of treatment
- History of keloid scarring (special precaution in high risk areas)
- Patients on medication that causes sensitivity to light
- Any emotional, mental or medical condition that may impair judgment

Procedural consent for Vascular Laser

Before you undergo vascular laser treatment, make sure you have read and fully understand the background information on the procedure. To get the most out of the procedure, you need to understand the nature of the procedure, the associated benefits and risks, as well as the available treatment options.

Photos are routinely taken before treatment as a visual record. These may be used for teaching purposes and may be shown for scientific purposes including publications in medical journals. There will be no identification of the images that will remain the property of uRepublic.

For best results, it may be necessary to have follow-up treatments (up to 3 sessions or more). In a minority of patients, the procedure may not work satisfactorily or may not last for the expected period of time. As it is not possible to predict a sub-optimum response, uRepublic is unable to guarantee expected outcomes.

By signing the informed consent, you acknowledge that all the above issues relating to the procedure has been addressed. Additionally, you have been given ample opportunity to ask questions and raise any concerns relating to the procedure.

Name of patient

Signature

Date

Witness