UltraPulse CO₂ Laser Lesion Removal/Scar Treatment

INFORMATION & INSTRUCTIONS

U Cosmetic uses the UltraPulse CO₂ laser to get rid of unwanted benign moles/lesions or minimize scars. The UltraPulse CO₂ Laser delivers tiny laser pulses in a focused grid pattern to remove unwanted benign skin lesions or to remodel/improve scar tissue by stimulating collagen production and smoothing out the scar(s).

UltraPulse CO₂ Laser treatments used to treat lesions or scars include ActiveFX™, DeepFX™ or TotalFX™. ActiveFX™ targets more superficial skin issues such as unwanted benign lesions or superficial scars. DeepFX™ targets deeper skin issues such as deep scars. TotalFX™ is a combination of both ActiveFX™ and DeepFX™ in the same treatment giving a maximized treatment for more resistant scars such as acne or chicken pox scars. Smaller flesh-coloured lesions

Other options besides UltraPulse CO₂ Laser treatments for removing skin lesions include the KTP laser for very small or superficial lesions such as skin tags and seborrheic keratosis removal, photodynamic therapy or liquid nitrogen treatments for actinic keratosis (pre-cancerous lesions), surgical excision for skin lesions or scar(s) or not having a procedure at all. Surgical excision is recommended if there is a concern of cancer.

Expected results of laser treatments include improvement of lesion or scar to complete removal of the lesion or scar. The latter may take more than a single treatment especially with scar treatments and larger or pigmented moles may requiring debulking (decreasing the size) and subsequent treatments in 2-4 months or later after the initial treatment. In general, UltraPulse CO₂ treatments continue to improve for 3 to 6 months. Some skin lesions or moles can recur over time. We recommend using the SkinMedica Scar Recovery Gel after the initial treatment has healed (approximately one week after the treatment). The specific properties and ingredients of the Scar Recovery Gel greatly enhance skin healing and help to remove the redness out of the treated area quicker. The gel can be used until the treatment area matches the surrounding skin tone. Results vary between individuals. Some people exceed our expectations and some people respond below expectations. Although great results are expected, with the focus on improvement rather than perfection, every person is unique and it is impossible to guarantee the extent of improvement.

Prior to your laser treatments local anesthetic will be injected to decrease the discomfort of the laser treatment. The anesthetic injection is uncomfortable to painful for a few seconds. The treatment area can be pink to dark brown immediately after treatment. For scar treatments that are treated with DeepFX™ or TotalFX™ the area may be red or oozing. Antibiotic ointment will be applied immediately after treatment in a thick layer to keep the treatment area moist and this hastens healing and minimizes or prevents scarring. At home, the treatment area should be cleans two to three times a day with well-run tap water and a gentle soap and pat not rubbed with a clean cloth. Then immediately apply the antibiotic ointment. A Band-Aid or dressing may be placed over the ointment at night to minimize removal and scratching during sleep or if the treatment area is under clothing.

Healing may take on average 5 to 10 days. The treatment area will be pink to red and will fade over the next few weeks. Mineral make up may be applied over the treatment area if it is on the face once the skin is healed but pink.

Side effects of lesion removal or scar revisions can include bleeding, infection, scarring, colour changes (loss of colour or darkening of treatment area) and/or recurrence particularly with lesion removal. Different procedures have different amounts of risk. For lesions with certain characteristics (light or skin coloured, small, smooth, round, located on the face) removal with laser has much less risk of scarring then surgical excision. Recurrence of lesions...
is very uncommon with either procedure especially if the lesion is skin coloured. Laser lesion removal has a slightly higher risk of recurrence than excision because laser treatments remove the lesion to the level of the skin where excision removes the lesion from a deeper level and therefore leads to a scar. **Colour changes** are minimized by not treating tanned skin and by avoiding sun exposure post treatment. Some ethnicities are more prone to hyperpigmentation. Hyperpigmentation may be temporary or permanent. Risks of side effects and longer healing is seen when the neck, chest and other non-face areas are treated, when the skin is picked at or allowed to dry out after treatment. Laser treatments can trigger **cold sore outbreaks** so if you are prone to cold sores in the area of treatment please inform the doctor and preventative medication will be prescribed. Eye damage may occur if the protective eyewear provided isn’t worn or with the use of intraocular lenses (lenses put into the eye for protection when doing laser treatments around the eye). This can include corneal abrasions that usually heal in a few days. Please indicate if your eyes are uncomfortable during the treatment.

**Smoking** (including second hand smoke) can cause **poor tissue healing** and an increased risk of **infection** and other complications.

**UltraPulse CO₂** laser treatments **cannot be done** if you are pregnant or breastfeeding, have active infection or a tattoo at the site, have a light sensitive disorder such as porphyria or light-triggered seizures, if you have been on isotretinoin (Accutane) within the last 6 months. **Certain medications** such as thiazides (for high blood pressure), certain antibiotics (such as tetracyclines, fluoroquinolones, griseofulvin or sulphonamides), sulfonlureas (used to treat diabetes), phenothiazines (used to treat certain emotional problems or induce sleep), Gold therapy, St John’s Wort and Ginkgo Biloba may increase your risk of side effects because of increased sensitivity to light. This can be minimized by avoiding sun exposure prior to treatment. Blood thinners such as aspirin, plavix, Coumadin, green tea and possibly other herbal substances may increase the risk of bleeding. If you have a **history of keloid formation** (excessive scarring), previous radiation therapy to the treatment area, **collagen vascular disease**, nicotine addiction (smoking), previous laser treatments, phenol chemical peel, dermabrasion, **isomorphic diseases** (labile psoriasis, severe eczema or vitiligo) you may be at increased risk of scarring or other side effects and other options should be considered. Body areas with a **decreased concentration of adnexal appendages** (hair follicles, sweat glands) such as the neck, chest, back, hands or other non-face areas have an increased risk of scarring with laser treatments as well as prolonged healing. If you are planning to have **UV (sun) exposure** other than incidental in the 2 to 6 weeks before or after the treatment then the procedure should be delayed until a time when UV exposure can be minimized.

If you have an **allergy to lidocaine** or numbing or freezing agents an alternative process may be used to decrease the discomfort during the treatment.

The results of **ActiveFX™, DeepFX™ or TotalFX™** are prolonged by a proper skincare regimen, a good quality SPF product and by maintaining a healthy lifestyle. **U Cosmetic** has chosen a range of specific medical grade skincare products that complement all of our procedures and can prolong results of many treatments.

**Prior to treatment you should:**

- Ensure that you have reviewed this information sheet and that you have had enough opportunity to ask questions and have them answered to your complete satisfaction.
- Ensure that you have signed the consent form.
- avoid sun exposure, tanning bed or products for **at least 4 to 6 weeks**.
- expect test patch treatment prior to a full treatment if you have darker or sensitive skin or a tendency to hyperpigment or scar.
- **Consider a complementary medical grade skincare and mineral treatment cosmetic consult PRIOR to your resurfacing. Mineral foundation can be applied when the skin is healed.**
- start antiviral medication before your treatment if you have a history of cold sores.
- be off Accutane, Gold therapy for at least **6 months** prior to starting laser treatments. Stop other light-sensitizing agents such as doxycycline (and other antibiotics), tretinoin (retin A), or tretinoin-like products.
- avoid skin care products with strong ingredients (Retin-A, glycolics…..) for **3 to 7 days**
- have the following medications (if indicated) and supplies:
  - **antibiotic ointment** (over the counter), aquaphor or a fresh small container of petroleum ointment
  - **prescription** for cold sores (if applicable)
  - **headbands** to keep hair out of treatment area
- clean face cloths for post care washes and soaks
- hat and medical grade sunscreen (available at U Cosmetic) for pre and post treatment

**The day of treatment:**
- take your antiviral (Valtrex or valacyclovir) medication if prescribed
- your pictures will be taken PRIOR to any preparation for treatment.
- Local anesthetic will be injected immediately before the treatment. This is uncomfortable and lasts only a few seconds.
- If you are having treatment very close to your eyes or on your eyelids some metal eye shields may be inserted under your eyelids to protect your eyes. Numbing eye drops will be used prior to insertion of the shields.

**After treatment you will/may/should:**
- **KEEP THE TREATMENT AREA MOIST AT ALL TIMES** by following the post-procedure care guidelines STRICTLY.
- Do not rub or scratch your skin while it is healing, gently pat to clean and dry your skin. Place a bandaid over the treatment area (after applying ointment-see below) at night to avoid touching it while you sleep
- crustiness, peeling and itching on the treated skin for several days. This will improve daily.
- notice immediately some redness, oozing and swelling at the treatment site that can last for 5-7 days or more.
- notice by day 3 to 5, the red area(s) will begin to look bronzed, the treatment area will start to flake. **Do not pick at your skin.** Gently wash with a clean face cloth to remove debris. Again, avoid vigorous rubbing. If your skin is healed (it will be red or pink) and is not irritated you should use moisturizer with sunscreen when going outdoors and avoid sun exposure, tanning beds during the healing process and indefinitely to prolong results. The skin is more sensitive after laser treatments. Use sunscreen regularly when skin is healed.
- Start applying the SkinMedica Scar Recovery gel once the skin is healed twice a day until redness/pinkness has resolved.
- avoid hot showers or steam until directly on the treatment area until it is healed
- may use mineral makeup after the skin has healed around day 5 to 10 depending on how aggressive the treatment. Do not apply makeup if there are open areas.
- have prolonged pinkness or redness up to 1 to 2 months or more after the procedure if your skin has a pink complexion or has a tendency to flush or if you choose not to use the Scar Recovery Gel.
- avoid AHAs, glycolic acids, Vitamin C, retinoids, etc. for 3 to 4 weeks or longer after the skin is healed and until the skin is no longer pink.
- contact the clinic if you have questions about your treatment. We are here to help you and want your experience to be a pleasant one.

Laser mole or lesion removal treatments usually heals without a scar. They may require more than a single treatment if there is some re-growth or recurrence or if they are very large or heavily pigmented. Acne, traumatic and chick pox scars almost always require multiple treatments. Areas treated for scars will continue to soften as new collagen is made over the next 4 to 6 months. Deeper textural issues such as acne or chicken pox scarring may require repeated treatments or other types of treatments.

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