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INFORMATION FOR VASCULAR LESION LASER

The Candela Vascular Laser is state-of-the-art technology to safely and effectively target unwanted **facial veins** and vascular lesions and benign epidermal pigmented lesions.

Laser is light that produces intense heat or energy. As the laser light passes through the epidermis to target vessels, it is absorbed by the target and converted into heat within the abnormal vessel walls. The heating of the vessel walls causes coagulation or destruction of the vessel. As the Candela Vascular Laser has been designed to target vessels only, it will not cause any harm to surrounding tissue.

The clinical names for the most commonly treated conditions are:

1. Telangiectasia
Broken Capillaries on the face
2. Port Wine Stain
Vascular Birthmark, pale pink to dark purple in colour, primarily located on the face and neck.
Response to treatment varies with colour, maturity, depth and nodularity of the lesion.
3. Hemangiomas
Superficial to deep collection of vessels that are raised above the skin surface. Although these lesions may be present at birth, they are more commonly seen after the first few days to weeks of life.
If left untreated, these lesions may grow and become disfiguring
4. Hypertrophic and Keloid Scars
Red, raised, smooth scar, occurring after injury or surgery.
Laser treatments will eliminate the vessels and may reduce the bulkiness of the scar and normalize the skin texture.
5. Poikiloderma of Civatte – characterized by telangiectasia characterized with atrophic changes in the skin as well as irregularity of pigmentation.
Commonly found on the upper chest and lateral neck. It can be caused by chronic sun exposure and use of perfumes or colognes in this area.

Pre Treatment Guidelines:

- Avoid sun exposure, sun beds and self tanning creams one month prior to treatment and throughout the course of your laser treatment. Apply sun block twice daily.
- Patients with a history of cold sores (herpes simplex) should consider prophylactic antiviral medication.
- Depending on the lesion and the skin color, the operator might do a test spot firstly to determine the tissue response and healing phase (approximately 6 weeks).
- Most adults tolerate the treatment without the need for anesthesia, although treatment of large lesions may be less comfortable. Children and particularly infants may require a topical anesthetic cream (Emla) 45 minutes before treatment. Myprodol tablets may also be taken. Aspirin should not be used the day of the treatment.
- Treatment with the Candela Laser is used to fade, reduce or eliminate vascular lesions. Results will vary with each patient. Therapy using the Candela Laser is not a cure for vein disease. Multiple treatments at 6 to 8 week intervals are often necessary.

Post Treatment Guidelines:

- No rubbing and/or scratching the treated area
- No swimming while discoloration is present
- Apply moisturizing cream or antibiotic ointment twice daily while discoloration is present
- Do not shave the treated area if crusting is present
- Do not pick the crusted area. Keep moist and let it fall off on its own.
- Applying make-up is permitted if no crusting is present.
- Discomfort may be relieved with ice packs
- If the treated area is tender or red, contact the laser centre immediately.
- Apply sun block twice daily

Complications:

- Scarring, although rare, can occur following any laser procedure.
- Blistering during a treatment may be an indication of sun exposure. Blistering can occur during the first three days following the laser procedure. Blistered areas should be treated with care, keeping the area moist with an ointment until area has healed.
- Papules, similar to hives, may develop in some patients. This irritation usually subsides in a few hours.
- Scaling or scabbing of the skin is most often associated with higher energy settings.
- Hyperpigmentation (darkening of the treated area) or hypopigmentation (excessive lightening of the treated area) may occur. Reported pigmentary changes have been transient.

- Atrophic changes are textural surface changes that have been occasionally noted in patients that have not been compliant with post treatment skin care instructions.
- When treating veins, patients will experience some temporary reddening of the skin around the treatment site.