

Lumecca

Patient Instructions

Lumecca is the most powerful intense pulsed light (IPL) to treat pigmented and vascular lesions. This treatment should be used on patients without tanned skin (no sun exposure for at least 3 weeks prior to treatment & 3 weeks after). Indications for use may include: Age spots, Vascular lesions (facial telangiectasia “spider veins”), Rosacea (redness), Freckles, Sun damage. The focus of skin rejuvenation is full-face treatments, but this procedure can also be performed on photodamaged and aged neck skin, chest, arms, and hands. Subjects that have all these lesions on the same area may demonstrate the simultaneous treatment of skin rejuvenation.

Contraindications to treatment include:

- Sun exposed skin, one month prior to treatment.
- Not able to use this treatment on skin type greater than 3.
- Current or history of skin cancer, or current condition of any other type of cancer, or pre- malignant moles.
- Intradermal or superficial subdermal areas injected with Botox®/HA/collagen/fat injections or other augmentation methods with bio-material, before the product has been dissipated (up to 6 months), except Botox after binding to the facial muscles (3-7 days). It is possible to treat sooner over injectable products placed in the deep, periosteal plane as soon as the area has healed (1-3 weeks).
- Severe concurrent conditions, such as cardiac disorders, sensory disturbances, uncontrolled hypertension, and liver or kidney diseases.
- Pregnancy and nursing.
- Diseases which may be stimulated by light at the wavelengths used, such as history of Systemic Lupus Erythematosus, Porphyria, and Epilepsy (for optical applications only).
- Impaired immune system due to immunosuppressive diseases such as AIDS and HIV or use of immunosuppressive medications.
- Isotretinoin (Accutane) within the last 6 months.
- Poorly controlled endocrine disorders, such as diabetes, thyroid dysfunction, and hormonal virilization such as polycystic ovary syndrome.
- Any surgical procedure in the treatment area within the last three months or before complete healing.

- Facial laser resurfacing, facial dermabrasion, and deep chemical peeling within the last three months, if face is being treated.
- Vitiligo
- Treating over tattoos or permanent makeup.
- As per the practitioner's discretion, refrain from treating any condition which might make it unsafe for the patient.
- Excessively tanned skin from sun, tanning beds or tanning creams and sprays within the last two weeks.
- Current or prior history of Gold Therapy (For optical applicators only).
- Needle epilation, waxing or tweezing within the last six weeks prior to hair removal treatment.

Potential side effects may include:

- Redness and a slight warm sensation to skin is normal after treatment and usually subsides within a few hours after treatment.
- You may see skin darkening of pigmented spots in the week afterwards the pigmented lesions flake off, leading to an evening out of skin tone.
- After treating vascular lesions, you may see the vein blanch and disappear or a color change in the vessel which dissipates after a few days.
- Excessive skin redness (erythema) and/or swelling (edema)
- Damage to natural skin texture (crust, blister, burn)
- Change of pigmentation (hyper- or hypo-pigmentation)
- Scarring

Any adverse reaction should be immediately reported to the physician. Side effects may include any of those conditions listed above. Side effects may appear either at the time of treatment or shortly after.

Pre-Treatment:

- Avoid skin irritation or intentional skin tanning. Sun-screen is advisable when outdoors during daylight hours.
- Discontinue any irritant topical agents for 2-3 days prior to treatment.
- Avoid freshly tanned skin or use of sunless tanner.
- Shave the area being treated prior to their scheduled treatment.
- Arrive for treatment with clean skin. There should be no lotion, make-up, perfume, powder or bath/shower oil present on the skin in the area to be treated.
- A topical anesthetic should be used only as directed by a physician and only if necessary- our office will provide, if deemed appropriate for the treatment area.

- Areas of dental crowns, caps, braces, or other metal dental implants may be more sensitive to treatment and the clinician may use dental rolls, gauze or a tongue depressor to isolate the area and make the treatment more comfortable.
- Prophylactic antivirals should be prescribed with active cold sores (Herpes simplex) when treating around the mouth.

Post-Treatment Follow Up:

- The number of treatment sessions depends on the individual, location and treatment aggressiveness. Total treatments may vary from 2-5 sessions, every 3-4 weeks. Pigmentation correction typically takes less sessions than vascular lesions.
- Treatment should be concluded when the results are satisfactory to the patient or according to the physician's discretion.

Post-Treatment Instructions:

- Avoid sunlight & intentional skin tanning for atleast 3 weeks post treatment.
- Use sun-screen (30+ SPF) daily when outdoors during daylight hours.
- No restrictions on use of moisturizer or makeup.
- No restrictions on bathing/shower, except to treat the skin gently, avoid scrubbing or trauma to treatment areas.