

FAQ's – Psoriasis Treatment with LightPod Neo

Contraindications:

Patients that should not be treated include:

- those who are sunburned or have irritated skin in the sites to be treated*
- those who are exhibiting unidentified skin conditions in the sites to be treated*
- those who have healed poorly after other types of laser treatments*
- patients prone to skin discoloration*
- patients who are taking photosensitizing medication, such as Accutane, should discontinue the medication 6 months before treatment*
- patients who are taking topical Retin-A, patients should wait 2 weeks before treatment*
- don't apply laser energy to any raised lesions, aside from purely red ones i.e. angiomas; other lesions should first be checked by a dermatologist*

Patients who are sunburned should wait until the burn subsides. Herpes Simplex Labialis (fever blisters) can be activated by laser treatment, especially on the upper lip, and patients with a tendency for fever blistering can be started on antiviral medication before treatment.

Setting expectations:

Some patients may not respond as well as others. Psoriasis lesions tend to subside after the first or subsequent treatments.. Regardless of the treatment response, recurrence is common and can be caused by a number of lifestyle factors. It is important to understand that psoriasis is a chronic condition that can only be controlled rather than cured.

How many treatment sessions are required?

Individual results will vary, but can depend on the body surface that is affected. While some patients may see relief in just one treatment, other patients may need a number of treatments to achieve their desired result.

Do I need to use topical anesthesia? What about gels?

No. Anesthetics and cooling gels are not needed with LightPod Neo, because MicroPulse-1064 makes it uniquely pain-free. However, some buildup of heat will be experienced, especially using higher fluences with the 2mm lens.

Is it painful?

There is a mild sensation of heat that is very tolerable. A slight pinching feeling may occur when using higher fluences with the 2mm lens. This is one of the key technical breakthroughs of Aerolase technology! The LightPod Neo has set a new standard for virtually pain-free treatment, even on darker skin types, thanks to MicroPulse-1064 technology. This unique benefit saves time, cost and mess by eliminating gels and sprays required by other lasers that cool the skin during treatment. Also, this can increase revenues through a higher rate of client retention – with other lasers and IPL devices, clients often abandon treatment after just one or two treatments due to intolerable pain.

What causes psoriasis?

Psoriasis is a chronic disorder that causes thick red plaques with silvery scales on the skin. The thick scaling is due to a rapid increase in the multiplication of skin cells, Your body produces other immune responses which can lead to swelling and the rapid production of skin cells. Psoriasis symptoms tend to increase and decrease, but certain factors can cause flare ups, including, but not limited to alcohol, stress, medications, smoking and skin trauma.

Is it permanent, or will psoriasis come back?

Psoriasis is typically characterized by having up and down periods where the symptoms heighten and lessen. While psoriasis is not curable, it can be controlled with laser light so that you may function and the redness will decrease. While psoriasis may improve with treatment and even be gone for a number of months, it may never completely go away.

Is it ok to do multiple passes or pulse over the same area?

Typically, a number of passes should be performed to maximize the efficacy of the treatment.

What's the spot size for treating psoriasis?

The Neo typically utilizes higher fluences with the 5mm lens due to the need to destroy the microvasculature that feeds the skin lesions. The handpiece does not need to touch the skin, but when treating one spot at a time it may be rested on top of the skin as to stabilize the handpiece, but the legs should never be pushed into the skin.

Can it be used on dark skin?

Actually, the LightPod Neo is the safest laser in the industry for darker skin types or tanned skin. This is because of MicroPulse-1064 technology, which essentially eliminates treatment pain while minimizing the chances of hyper and/ or hypo-pigmentation. Patients with skin types IV-VI should be treated very cautiously, especially in the facial region, as they pose a higher risk of having hyper and/or hypo-pigmentations.

What happens after treatment?

Immediately after treatment there may be some transient erythema in or adjacent to the treated area, which should resolve within a few days. It may take up to 6 weeks for the affected areas of skin return to a more normal thickness, but the redness may take up to several months to improve. Typically, maintenance sessions will need to be scheduled for continued improvement of flare ups occur.