

THE PEARL

DERMATOLOGY

Spectra Laser

The Spectra laser has many uses and can be used for treatment of acne, acne scars, pore reduction, fine line reduction, noncancerous brown spots from sun and age, and treatment of unwanted pigmentation such as melasma or post-inflammatory hyperpigmentation.

This treatment involves the application of a carbon lotion to the treatment area 15 min prior to treatment. This helps the laser target the sebaceous glands and *P. acnes bacteria* for treatment of acne and pore reduction. In addition, pigment such as post inflammatory hyperpigmentation, sunspots, and melasma are treated with the Q-switched mode which breaks the carbon lotion off the skin, leaving your skin feeling baby smooth. There is little to no downtime with this procedure.

A series of laser treatments are required to see the full benefits of the Spectra laser. Anywhere from 2-10 treatments may be required depending on the skin condition being treated. Procedures are performed 2-4 weeks apart depending on the condition being treated. There is no long-term cure for melasma. Maintenance treatments with the Spectra laser, sun protection, and a skin brightening regimen are all needed as part of the comprehensive melasma treatment plan.

Treatment Day

1. Prior to each treatment, come to the office 15 minutes prior to your scheduled appointment time, so that there is time for us to clean the treatment area and take photographs. Numbing is not needed for this procedure.
2. We recommend that you wear comfortable clothes to your appointments, or you can change into a disposable gown. If you tend to get chilled from air conditioning, bring a sweater or light jacket to wear.

Post-Treatment Instructions

1. After the Hollywood Laser Peel or Laser Toning with the Spectra laser, you may return to your regular skin regimen, and you may apply makeup immediately after treatment.
2. We recommend Even Up SPF by Colorescience to mask any pinkness, add sun protection, and the additional ingredients to help brighten the skin for an even better result. EltaMD Gentle Foaming Cleanser is a gentle facial cleanser which can be used post-procedure.
3. Continue to protect your skin from sun damage with sunscreen and physical barriers like a wide brim hat. Avoid direct sun light for a week after treatment.

Patients receiving the Spectra laser for tattoos, seborrheic keratosis, or individual sunspots are recommended keeping the treated areas well moisturized with either EltaMD Moisturizer or Avene Cicalfate Cream.

Possible Risks & Complications

Side effects include mild redness and swelling, which may be seen following the Hollywood Laser Peel or Laser Toning. Hyperpigmentation, hypopigmentation, and blistering are rare side effects. Individual spot treatment of seborrheic keratosis, lentigines (sunspots), or angiomas may result in increased pigmentation for the next 4-6 weeks followed by lightening of these lesions. If you get a blister, you should call the office and contact your healthcare provider, as blisters can leave a scar.

Following laser tattoo removal, scabbing, redness, and crusting are common. Persistent or incomplete removal of tattoo ink can occur, and cosmetic and light-colored tattoo ink have a risk of darkening following laser treatment. Rare reactions of tattoo removal include allergic reactions.

Recommended Post-Procedure Products

1. EltaMD Foaming Facial Cleanser
2. Colorescience Even Up SPF
3. Avene Cicalfate
4. EltaMD Moisturizer