

Permanent Hair Reduction with the Chromolite IPL System

The Chromolite Intense Pulsed Light (IPL) System is used to permanently reduce unwanted hair on the face or body. The Chromolite uses a Smart Lite Technology, which uses a combination of yellow and red light wavelengths in a unique flat beam profile to enhance treatment efficiency. The red wavelength absorbs into the pigment contained within the hair shaft itself and destroys the hair bulb. The yellow wavelength targets the blood in the minute blood vessels feeding the hair bulb thus interrupting this blood supply and damaging the hair bulb. This combination of targets allows for enhanced effect. However best results are achieved when treating dark hairs in light skinned patients. Treatment energy levels are set after a patch test procedure during the first treatment session where different power settings are tried out on the skin to discover the optimum energy level for the patients particular skin colour, hair colour and structure. Most patients need between four and eight sessions separated approximately one month apart to achieve good results. No IPL or Laser system will achieve 100% clearance of unwanted hair. However, selected clients who undergo a full course of treatment at the optimum energy levels should achieve 60% to 90% reduction in the hair growth.

The Chromolite IPL System is suitable for treating excessive hair growth regardless of the cause, whether it is a medical condition such as Hirsutism, Hypertrichosis or excessive hair growth which can often occur naturally with no apparent hormonal problems. The Chromolite IPL System can also be used to treat red veins on the face, brown age spots and fine lines or wrinkles.

Possible side effects:

Most people experience only minor discomfort during treatments, feeling a slight tingling or stinging sensation. If there is any major discomfort the laser operator can reduce the power to a more comfortable setting. You may experience a slight burning smell as the hairs are destroyed during treatment. Reddening, swelling or tightening of the skin may occur but this usually will disappear within 1-2 days. In extreme cases slight blistering may occur which heals normally within a few days. It is important that you phone the Clinic immediately if you do discover any blisters or crusting. Patients with darker skin may develop too much or too little pigmentation, which has been known to last for several months. In very rare cases there can be scarring of the skin.

The occurrence and severity of side effects can be minimised by sufficient pre and post treatment cooling of the treatment area. This can be achieved by the laser operator applying the cooling roller, icepacks or cooling gels to the treatment area before and immediately after treatment.

Side effects can also be reduced by protecting the skin from ultraviolet light from the sun or sunbeds for at least four weeks prior to treatment, throughout the treatment sessions and for one month after completing a course of treatment. It is recommended to use a total sunblock with an SPF of 30 or greater and a four star UVA rating. This will reduce the possibility of developing either too much or too little skin pigmentation as a result of the treatment.

The Chromolite IPL System should not be used in the following circumstances:

- Active Localised Infection such as impetigo or cold sores.
- Systemic infections particularly if you have a temperature.
- Bleeding disorders or patients on Warfarin or on long term Aspirin.
- Photo sensitivity or sun allergies.
- People with a current mental illness such as depression or schizophrenia.
- Pregnancy
- People with dark moles particularly if they are changing.
- People with psoriasis, eczema or dermatitis on the treatment area.
- People who have suffered from skin cancer.
- People who have recent sun tanning as a result of the sun or sunbeds within the last four weeks.
- People who have fake tan on the treatment areas.
- People with compromised immune systems as a result of conditions such a diabetes or AIDS.
- Epilepsy
- History of keloid formation.
- Children

If you have any questions regarding the above or any other conditions which you have concerns about please do not hesitate to discuss these with the laser operator.

Skin preparation prior to the Chromolite IPL System for hair reduction:

Please remove all makeup and jewellery prior to your treatment. Treatments usually take between 15 and 30 minutes. We may sometimes photograph the treatment area before and after a course of treatments to monitor the results. These photographs may also be used for teaching or promotional purposes but we will ensure that you will not be recognised because only a part of the face will be photographed and any identifiable features such as the eyes will be blocked out.

The laser operator will have to shave the affected area immediately prior to treatment to achieve optimal results. Sometimes the laser operator may ask you to shave the area yourself at home prior to subsequent treatments. However, it is important that you do not shave prior to the first treatment, as we need to assess and document the severity of your hair growth prior to treatment. It is important that you protect your skin from the sun and sunbeds for one month prior to the treatment by using a high protection sunblock such as a Factor 30 or greater and by avoiding sunbeds.

The laser operator will cool down your skin prior to your treatments using icepacks, cooling gels or cooling rollers. You will have to wear blackout goggles to protect your eyes during your treatment session. Do not remove your eye shields until you are told it is safe to do so by the laser operator.

Post Treatment Recommendations:

The laser operator will apply a cooling/soothing gel after the treatment. This gel contains agents that optimise skin comfort after destruction of the hair follicle. It is important that you continue to use a Factor 30 or greater sunblock and avoid sunbeds throughout your course of treatment and for one month after the last treatment.

Ultraviolet light from the sun and sunbeds ages the skin. Therefore by using the recommended sunblocks you will also prevent wrinkles and fine lines developing in the future.

If you develop any crusting or blistering you should contact the Clinic immediately as you may need antibiotic or steroid creams to control this. You should avoid any heat treatment such as saunas or swimming pools for 2 days after your treatment session.

The following are normal responses immediately after treatment:

The area looks hair free and feels smooth to the touch. Over the next one to two days the hair growth will reappear as hairs are pushed up and out by the follicles. After several days you will notice hairs falling out if the area is rubbed.

There may be some slight redness or swelling around the hair follicles particularly in dark haired patients. This will settle after a few days.

A slight skin redness may occur but this should not take the shape of the treatment head used to deliver the intense pulsed light. Such redness should settle within one to two days.

Ref: Solas Dermatology: Chromolite IPL: Hair Reduction