

| fact sheet |

LIGHT & LASER

What kinds of skin problems can be treated?

Light and laser facial treatments are effective for treating age spots, freckles, spider veins, facial redness, cherry angiomas, hemangiomas, some pigmented moles, some red and brown birthmarks, enlarged pores, uneven skin tone and texture, and more.

What is the difference between a light facial and a laser facial skin treatment?

While the technology is slightly different, the conditions that each treat are generally the same.

Light facial skin treatments use Intense Pulsed Light (IPL), a diffused, high-energy, multicolored light, to treat the skin. A laser facial uses the directional light from a laser for treatment. Generally, a laser can treat the skin from a greater distance, while IPL technology must be in direct contact with the skin through a contact crystal or light guide.

How do light and laser skin treatments work?

Light and laser skin treatments use high energy light to remove unwanted spots and smooth the texture of the skin. As the light passes through the skin, red and brown spots, fine lines, and other skin blemishes absorb greater amounts of the energy than the normal surrounding skin. The increased energy neutralizes the blemishes and within a matter of days, they begin to fade.



How do I know which type of treatment is best for me?

Each technology has advantages and the best option for you will depend on desired results and the particular condition to be treated.

A quick visit with one of our doctors or providers will ensure you that the skin treatment selected will provide you with optimum results.

What happens during the procedure?

Light and laser facials are performed in our clinic while the patient rests comfortably on a treatment table. The skin is washed and then covered with a topical anesthetic cream. After 30 minutes, the eyes are covered with protective eye shields and the doctor or provider then treats the skin with pulses of light or laser energy. At the end of the procedure it is possible to return to work or social situations with minimal redness which may be easily covered with makeup.

Are light and laser facial skin treatments painful?

Many patients describe the sensation as feeling like a rubber band snapping quickly on the skin.

Any discomfort from the sensation of heat is minimized during treatment with both ice and a skin cooling device. In addition, a topical numbing agent may be applied to the area 30 minutes prior to treatment.

How safe are light and laser facial skin treatments?

The treatments are very safe. The procedure has been available since the late 1990s and has been safely performed on millions of patients worldwide. Side effects may include short-term redness (much like a sunburn), and short-term darkening of age spots. Less than one percent of patients also experience mild blistering and bruising, which quickly clears. Mild swelling of the face may also occasionally occur in patients with severely sun-damaged skin.

Is there a certain skin type that responds best?

Light and laser facial treatments can be performed on any skin type. It is important, however, that the laser or light treatment be customized by a professional to match the skin tone and the characteristics of the unwanted skin spots.

Many spas or clinics offer generic light or laser treatments but they often lack the skill, training and equipment to treat specific skin types or conditions safely and effectively.



How many treatments are needed to see best results?

Results depend on the skin and condition being treated. For maximum results for most skin conditions, a series of three to five treatments are recommended. Difficult skin problems may require additional treatments or a combination of light, laser and other non-light and laser treatment modalities.

How long will light and laser facial skin treatments last?

If you protect your skin from the damaging effects of sun exposure, you can expect your treatments to last for months or even years. However, if you are like most people who don't take perfect care of their skin, you may want to plan on an occasional maintenance treatment to stay looking your best.

It is also important to remember that some skin problems are inherited. In such cases, maintenance treatments may also be required to keep the skin looking its best.

Do light and laser facial skin treatments take the place of plastic surgery, fillers, and Botox?

Light and laser facial skin treatments will improve the appearance of the skin and may delay the need for a face lift or other surgical procedure. Many patients find skin treatments complimentary to Botox® Cosmetic and soft tissue fillers such as Restylane, Perlane, Juvederm, Radiesse, and Silikon 1000.

While significant tightening of the skin will occur with light and laser facial treatments, eventually a face, neck, or brow lift may be necessary if sagging of the skin becomes significant. For many, this will depend on family genetics and the level of sun exposure.

Can light and laser skin treatments be used on areas other than the face?

Yes. Light and laser skin treatments are also very effective on the neck, chest, arms, forearms, and hands.

If large areas of the body need to be treated, light activated chemical peels or other methods of treatment, including plastic surgery, may offer a better alternative. A consultation with one of our specialists will help you to determine the most effective treatment option for you.

I see many similar treatments advertised by MediSpas and clinics. Are they all the same?

Laser and light facials have become so popular that many names are used to describe similar treatments. These include FotoFacials™, photo facials, IPL facials, laser facials, photo rejuvenation, and more. Despite the

similar names, however, not all treatments are equal. Two factors come into play: the type of laser, and the experience of the technician offering treatment.

Laser type

Many MediSpas or clinics have one or two lasers they use to treat multiple skin conditions. In contrast, the Gateway Aesthetic Institute & Laser Center is one of the largest cosmetic dermatology and laser centers in the world. When it comes time to diagnose and treat your skin, we have more than 30 specialized medical lasers from which to choose.

Experience

All of our treatments are directed by renowned board-certified dermatologists. Our expertise is so respected in the industry that many of today's medical laser manufacturers conduct their clinical studies through our office. In contrast, many of the light facial treatments offered by MediSpas are conducted by less experienced personnel. To limit liability, their lasers are often so toned down that their treatments are less effective.

At the Gateway Aesthetic Institute & Laser Center, you can always be assured that your light or laser facial treatment will offer the best results possible. Best of all, our prices are very competitive.

How do I make an appointment?

Give us a call today at (801) 595-1600 to schedule your appointment. We are located at the south end of the Gateway Mall at 440 West 200 South, Suite 250, Salt Lake City, Utah 84101.