



ProPHILE
Clinics

Laser and IPL treatments

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What is Laser and IPL?

laser (Light Amplification by Stimulated Emission of Radiation) and IPL (Intense Pulsed Light) are both light-based technologies used in various medical and cosmetic treatments. While they both utilise light to target specific areas of the skin, they work in different ways and have different applications.

Laser

A laser uses a single, focused wavelength (colour) of light. The light is amplified and delivered as a coherent, focused beam.

Lasers target specific chromophores (colour molecules) in the skin, such as melanin (pigment) or haemoglobin (blood), to either treat or remove unwanted cells.

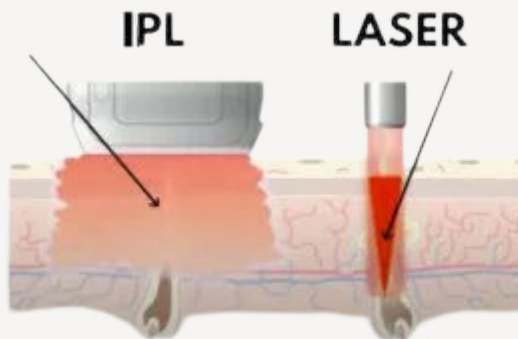
Types we have in clinic:

- Ablative laser (Co2 and ERYag): Remove layers of skin to improve texture, reduce wrinkles, or treat scarring. This targets the water in the skin.
- PICO and QSwitch: Often used for skin pigmentation, tattoo removal, and other skin rejuvenation procedures.
- Long Pulse NDYag: vascular treatments, rejuvenation (genesis), Hair removal.

IPL

IPL uses broad-spectrum light, which is a mix of multiple wavelengths (colours), compared to the single wavelength used by lasers. The light is scattered and less focused than laser light.

- **How It Works:** Similar to lasers, IPL targets chromophores (such as melanin or hemoglobin), but because it uses a range of wavelengths, it can treat a wider range of skin concerns in a single treatment.
- **Common Uses:** Skin rejuvenation, acne treatment, rosacea treatment, and hair removal.



The Treatment

Before treatment

- Preparation is key! Ensure you are ready for your light based journey with using a tyrosinase inhibitor or pigment/lightening cream which may include kojic acid, niacinamide or salicylic acid.
- Avoid retinols and acids a week before your treatment to avoid irritation and adverse effects.
- Ensure you are not on light-sensitising medications such as doxycycline, ciprofloxacin, some NSAIDs and certain antihistamines.

It is advisable to have had a skin cancer check in the last 12 months before a laser/IPL treatment.

During Treatment

Both treatments can cause mild discomfort. Laser treatments can feel more intense, sometimes described as a rubber band snap, whereas IPL treatments are often compared to the feeling of a warm rubber band being snapped against the skin.

Both can cause redness, swelling, or temporary discoloration, but these effects are usually mild and subside quickly.



After Treatment

You will be given aftercare instructions depending on the treatment you had and any downtime may vary from 1 day for a pigment treatment to two weeks for a Co2 treatment.

Expect heat to remain in the skin for around 24 hours, you may feel like you have a sunburn. If you feel excessive heat or discomfort you can apply a cool compress (not ice). Apply a post treatment gel to soothe and hydrate.

You can wear a light mineral makeup the next day, but avoid active skincare for 7 days after. Avoid any exposure to the sun for at least a week, and continue to stay out of the sun in general to enjoy the continuing benefits of your treatment.

Book a follow up

A peel is great 2 weeks post pigment treatment, whereas LED is great for healing in the week after a Co2 treatment. Book your next laser session 4-6 weeks from your first session.



Treatments

Capillaries – face and body

Flushing red, capillaries around the nose or reddish, purplish veins or spots on the body and Rosacea.

Pigmentation

Freckles, sunspots, age spots and Melasma.

Rejuvenation

Photoageing presenting as fine lines, open pores, wrinkles and dull skin.

Acne and acne scarring

The carbon peel, also known as the 'China Doll Facial,' cleans and tightens pores exfoliates skin, reduces blackheads and congestion, and reduces oil flow. Whilst the acne filter on IPL reduces P.acne bacteria.

Tattoo removal

Erase any past regrets with nano and pico second laser.



Side-effects

- Redness or Swelling: Temporary redness or swelling of the treated area is common after laser skin treatments.
- Pain or Discomfort: Some individuals may feel a mild stinging or burning sensation during and after the procedure.
- Skin Discoloration: Hyperpigmentation (dark spots) or hypopigmentation (light spots) can occur, especially in individuals with darker skin tones or improper post-treatment care.
- Blistering or Scarring: Rare, but if the laser treatment is too aggressive, blisters, scabs, or permanent scarring can develop.
- Crusting or Peeling: Following procedures like laser resurfacing, the skin may peel or crust as it heals.
- Infection: There is a risk of infection if the area isn't properly cared for after treatment.

How many sessions will I need?

This will be determined on consultation, as everyone is different. As a general guide most treatment plans include a minimum 3 sessions a month apart.

- Redness and pigmentation – 3 – 6 sessions
- Tattoo removal – 6 – 12 sessions
- Ablative laser, generally once. in a year



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