

Patient Information Sheet

Skin Rejuvenation with the N-Lite Laser

For many years lasers have been used with great success to treat skin problems, birthmarks, pigmentation and blemishes. It was realised through this work that lasers also had the potential to reduce facial lines and wrinkles. Worldwide trials have found the N-Lite laser to be an extremely safe and effective method of wrinkle reduction in both men and women. More importantly it can do this without burning or cutting the skin and without the major side effects and pain associated with other treatments.

We hope this information sheet will help you understand a bit more about the N-Lite laser and how it compares to other treatments currently available.

Why do lines and wrinkles increase and deepen as we grow older?

Much of this has to do with the amount of collagen we produce. Collagen is produced naturally by cells known as fibroblasts and is very important in maintaining the elasticity of skin. Unfortunately as we age the skin's ability to replace damaged collagen fibres diminishes. Gaps and irregularities appear in the skin's collagen mesh. This eventually leads to the appearance of lines and wrinkles which deepen and widen with time.

Why do some people have more wrinkles than others?

Obviously the main factor is the ageing process but the break up of supportive collagen is accelerated by exposure to sunlight, use of sun beds, environmental pollution and smoking.

There has been a lot of interest in the N-Lite laser. What is it and how does it work?

It works by using a very low level of light energy to stimulate the body's own cells to produce collagen. The laser light is targeted at the blood vessels just below the skin. These vessels, although not actually damaged, are tricked into behaving as if they are. They release mediators which tell the cells in the treated area to produce more collagen.

The result is that over time, lines and wrinkles reduce in depth, and in the case of fine lines, can disappear altogether. Overall skin tone is improved.

Does the treatment hurt?

Most people experience minimal discomfort, feeling no more than a slight tingling sensation and a pleasant warming as the light enters the skin.

Are there any side effects?

Usually there are no side effects at all. Some people, especially those with sensitive skin, may get a histamine response: these are small bumps that will settle down on their own within a very short time. Some people find that the skin surface flushes slightly after treatment and at the very worst red/purplish spots can appear. These usually settle down within a few days. At the time of print no other side effects have been noted although of course this cannot be guaranteed. In addition, there is no healing down time; the N-Lite is a genuine lunch hour treatment with no recovery period afterwards.

How quickly will I see any results?

Because collagen is laid down slowly over a period of months, **there is no immediate effect.** While this may seem like a disappointment, the gradual nature of the N-Lite response is actually a blessing. Instead of having an obvious-to everyone-cosmetic change, your skin condition will slowly improve over time.

N-Lite clients say that people start telling them how well they look, without being able to lay a finger on precisely why. Indeed certain celebrity clients have N-Lite treatments precisely because there is no obvious change immediately after treatment.

How many treatments are required to achieve a result?

One treatment will usually achieve a noticeable effect, especially around the eyes, although the result will vary from person to person. In general the younger the skin, the better the blood supply and the better the result. Skin age is not the same as actual age: genetic inheritance and external factors, such as smoking and UV sun damage cause skin to age at different rates for different people. A small number of clients do feel that they have had no response after their first treatment. A second treatment usually after 1 month may well improve the result considerably, although of course nothing can be guaranteed.

In the many cases where one treatment does achieve a result, this can be improved by keeping the collagen building. A follow up treatment may be recommended between one and three months depending on the area being treated. Young skin may need less frequent top ups.

How will I know which interval is best for me?

Before any treatment a full medical assessment will be carried out, the information gathered here will be used to work out a treatment regime to suit your individual needs.

Can the N-Lite be used for anything other than lines and wrinkles?

Yes – Currently we are using the N-Lite successfully to treat sunken scars, active acne, acne scarring and acne rosacea. Studies are currently being made into the effects of the N-Lite laser on burn recovery and psoriasis.

What do I have to do after treatment?

You will receive an aftercare advice sheet (mainly common sense). You are able basically, to carry on exactly as you normally would.

I have heard about skin resurfacing, is the N-Lite a resurfacing laser?

Most definitely not: resurfacing lasers, especially CO2 and Erbium lasers work at very high powers and are used to burn away a chosen depth of skin. Recovery can take weeks or months and very specific aftercare (including nursing care initially) is required. There is a risk of complications ranging from viral and bacterial infections to long-term pigmentation problems. The N-Lite is a non-invasive procedure, using very low powers. It has the benefit of being effective without the significant side effects of resurfacing lasers.

Are the results as good as resurfacing?

Clinical trial results show that results are equal to Erbium laser resurfacing and as good as 80% of the best CO2 results – but with none of the complications. Treatment costs less than a quarter of the price of resurfacing procedures and there is no limit to the number of N-Lite treatments possible.

It all sounds too good to be true – does it really work?

We have been using the N-Lite laser since July 2000 and can say, from the results we have achieved that it does just what it claims to do. It is not a miracle cure for wrinkles, there is no such thing and expectations have to be in line with what is reasonable. We have many satisfied clients who attend for follow up treatments but we have had a small number of clients who did not think that the N-Lite has done as much as they wanted it to do. This is a good satisfaction rate (you can never please everyone) which is a good indication that the N-Lite does work.

As with all medical treatments it is possible that not everyone will respond to treatment. Some patients may obtain a less than average response or may not respond at all.

About the clinic

Laserase Bolton has been based at the hospital in Bolton since 1994. Throughout, we have been fully registered with the appropriate governing body who inspects our clinic regularly. You have the reassurance that your treatment will be carried out either by a fully qualified and experienced doctor or nurse. All of our doctors and nurses have extensive training and experience and they attend training and CPD courses

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