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Spectrum Laser FAQs – Long Pulsed YAG (Vascular)

- **What is a Long Pulsed YAG (LPY)?** - The 2940nm Long Pulsed YAG Laser allows the practitioner to precisely treat visible vessels, broken capillaries, spider veins, and vascular lesions by using laser energy. The treatment is tailored to match one's skin condition and desired result. All skin areas can be treated with the LPY laser.

- **What is unique about LPY / What does it do?** - The Spectrum's long pulsed YAG laser will diminish the appearance of existing veins on the face and legs. Once the laser light is applied to the skin, it enters the vein, where the energy from the laser is absorbed and the vein walls collapse and seal shut, eliminating the vein's appearance on the skin. Eliminating veins with the long pulsed YAG laser is quick and effective.

- **How does it work?** - The laser gives energy to the skin, which is absorbed by blood vessels, scars, port wine stains, hemangiomas, and other vascular lesions. This relatively quick, comfortable procedure can eliminate blood vessels by precise tissue heating, i.e. energy is directed against the vessels alone and does not alter the surrounding skin. Usually, the vessels collapse during the treatment session, but there can be some post-treatment redness and swelling. Following treatment sessions with aggressive sun protection practices can produce longer-lasting results and prevent formation of similar lesions.

- **What are some indications for LPY?** - Treatment of vascular lesions such as telangiectasias, spider veins, hemangiomas, and leg veins.

- **What to expect?** - Discomfort is minimal and is usually compared to the "snap of a rubber band." Multiple treatments may be required to achieve your desired result.

Pre-treatment

Discontinue any medications / supplements that may thin your blood unless prescribed by doctor. You may wish to bring a pair of shorts to wear during your treatment if having your legs treated.

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Post-treatment

Depending on the area treated, some swelling and irritation may occur. However, most treatments have little to no down time and few side effects. Avoid sunlight and use sunscreen or antibiotic ointments to promote healing and prevent damage. Anti-aging skin care products may be prescribed by your doctor. If a scab forms, it should not be picked or scarring may occur.

Do's – Cold packs to reduce redness/swelling, use SPF, wear compression garment/support for 3-5 days as needed (best results with longer wear).

Do not's - exercise for 3 days, take hot baths/showers, use hot tubs/saunas or have any alcohol/blood thinners for 5 days.

- **How long does a treatment take?** - Depends on size of area, each area can take 15 minutes or less.

- **Will I need to take time off?** - No, there is no downtime.

- **When will I see results? How long do they last?** - Best results to be seen after 1-2 treatments. Leg vein resolution usually takes 8-12 weeks. At the end of this process, some vessels may be gone while others may be lighter or not affected. Can be a series of treatments for some veins. Additionally, the further down on the body, the more stubborn veins can be to disappear.

- **How many treatments will I need?** - Recommended a series of 3.

- **Can I exercise?** - Yes.

- **Are there any side effects?** - Discomfort, skin irritation, discoloration, sensation of mild sunburn. Sometimes the pigment cells can be damaged leaving darker or paler patches of skin. White patches or scars are rarely permanent.

- **Is it safe?** - Yes, for skin types I-III.

- **How much can a procedure cost?** - Treatment costs based on area and quantity of sessions.

- **Who is a good candidate?** - Candidacy for long pulsed YAG laser treatments are dependent upon many factors, including age and overall health, the extent of your spider or varicose veins, your symptoms, your goals, and what your provider expects



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your condition to be in the future. However, the most common candidates are those with cherry angiomas, matted and superficial vessels, or visible spider veins.