

## NORDLYS/ELLIPSE LIGHT + BRIGHT

The Nordlys/Ellipse IPL is a Unique IPL with narrowband technology defined by patented dual filters and sub-millisecond pulses for exceptional photorejuvenation and vascular treatments. This IPL photorejuvenation technology uses narrower and relatively shorter wavelength bands and pulse widths per condition, which enables treatment of photodamaged skin using less than half the fluence, shows significant macroscopic and quantitative improvements, and requires fewer treatments than reported in studies with broadband IPL devices. A Frax laser treatment is a non-ablative fractional laser technology to improve problem areas in skin tone and texture, which stimulates elastin and collagen regrowth. This type of procedure is most commonly used for treatment of acne and surgical scarring, stretch marks, wrinkle reduction and fine lines, and overall toning and tightening of the skin through pulsed duration and energy. You will see a noticeable reduction in skin imperfections and texture irregularities. **Best results can be seen in 4 sessions, at least 4 weeks apart.** However, you will begin to see results after your first treatment. Optimal results can be seen 6 months after the procedure. This laser varies for different skin tones, please check with Body+Beauty Lab to see if you would be a good candidate. We advise you to schedule the procedure at least 1 week prior to any social events.

### EXPECTATIONS:

This type of laser is very well tolerated by clients, and most experience only minor discomfort during the procedure. Some have compared it to a rubber band snapping against the skin. We provide numbing cream for our clients by request and a cooling fan during the procedure to minimize any unpleasant sensations. Clients can expect to feel a warm, prickly stinging sensation similar to a sunburn. This is normal and will subside after 1-2 hours after treatment.

### PRE-TREATMENT CARE:

1. Avoid tanning or sun exposure to the area at least 2 weeks before and after 4 weeks after your procedure. This includes any form of self-tanning. Tanning will decrease the color differences between the pigmented lesions and the surrounding skin, which makes the treatment less effective and increases the potential for a superficial burn. **You will need to wear at least 30 SPF and reapply at least every 2 hours for 2 weeks before and after the procedure.**
2. You are not a candidate for this treatment if you have a fever or open sores in the treatment area. If you have a history of cold sores, please inform your provider prior to the treatment. The doctor will need to write a prescription to pre-treat to eliminate the chances of you developing a cold sore post treatment.
3. Reschedule your appointment at least 48 hours in advance if you have a severe rash, cold sore or blemish in the treatment area.
4. You are not a candidate for this treatment if you have a history with any disease or genetic condition (such as Systemic Lupus Erythematosus (SLE), Lupus Erythematosus (LE), Porphyria etc.) causing photo-sensitivity to wavelength(s) used.
5. You are not a candidate for this treatment if you suffer from long-term diabetes.
6. You are not a candidate for this treatment if you suffer from hemophilia or other excessive bleeding/lack of clotting blood disorders (coagulopathies).
7. You are not a candidate for this treatment if you have a history of seizures.

8. You are not a candidate for this treatment if you are pregnant or breast feeding.
9. You are not a candidate for this treatment if you take topical or systemic steroids, or are taking non-steroidal anti-inflammatory drugs, as these actively work against the treatment.
10. You are not a candidate for this treatment if you have a history of keloids (abnormal amount of scarring) or hyper-trophic scar formation (raised red) scars, or an active infection.
11. You are not a candidate for this treatment if you have a pacemaker or defibrillator, or a Coumadin or Warfarin use.
12. You are not a candidate for this treatment if you have melasma and hidden melasma.
13. You are not a candidate for this treatment if you have a tattoo or permanent makeup in or near the area you wish treated. These areas must not be treated, as the pigment absorbs part of the light energy and this can lead to a skin burn.
14. You are not a candidate for this treatment if you have taken Accutane within the last 6 months.
15. You are not a candidate for this treatment if you have received gold injections where there has been some leakage or spillage into the epidermis in the target area. This presents as an area of dark (grey) tissue, which will absorb the light energy.
16. If you have any type of implant in the treatment area, notify the service provider as this area should be treated with care. Modern silicone implants produce little risk, but metal implants such as plates or screws used on broken bones can be heated and expand, causing significant discomfort.
17. Discontinue any photosensitizing medications (such as Tetracycline, Doxycycline, St. John's Wort) at least 1 month prior to the procedure.
18. If you have a history of Herpes Simplex, be sure to let your medical aesthetician know in order to prescribe pre-treatment as the light may trigger a flare-up.
19. Discontinue all exfoliating, active anti-aging products, acne products, Hydroxy Acids, Retinols, Tretinoin, Vitamin A compounds, harsh scrubs or exfoliating products and Hydroquinone, at least 7 days prior to the procedure.
20. Discontinue the use of Efudez, Carac, Solaraze, Aldara or Picato at least 4 weeks prior to your treatment.
21. You may continue to take Aspirin as a blood thinner but be aware you may experience more bruising and swelling.
22. You should wait at least 4 weeks after Botox®/Zeomin®/Dysport® injections and should not have any filler in the treatment area (at least 9 months after filler injection), as those areas containing fillers or fat injections may be affected by heat from the light source.
23. Please arrive for your treatment with clean and shaved skin.
24. To obtain maximum results clients should avoid smoking in the 4 hours prior to the treatment, as nicotine constricts the target vessel.
25. Consider taking Arnica tablets 1 week prior to treatment to prevent bruising (Usage: Dispense 5 pellets under your tongue 3 times per day).
26. Arrive at least 20 minutes prior to your scheduled procedure, so that we may apply a topical numbing cream if you desire.
27. Please arrive for your treatment with clean and shaved skin. Please shave the area one day before your scheduled treatment (unless instructed otherwise by your provider). For male clients, you may experience hair loss if you opt for a treatment where your beard exists.

## POST-TREATMENT CARE:

1. Immediately after your procedure, you will look and feel as though you have a mild sunburn. You may also experience mild discomfort, redness or blotching. Your skin may feel warm and tighter than usual. This is normal and will subside after 1-2 hours. You should apply either the Body+Beauty Lab Post Treatment Ointment or Calming Aloe Cream upon the recommendation of the medical aesthetician. Redness may subside after 1-3 days, and may involve social downtime. Expected social downtime is approximately 24-48 hours post procedure. This varies with every client. You may also experience swelling post treatment which could last 3-5 days.
2. Within the first 24 hours if you experience any discomfort, you may take Tylenol, Motrin or Aleve as directed.
3. You may notice peeling/flaking/redness/crusting of the treatment area. This is normal and to be expected and will subside within 1 week. The response may differ in every client.
4. Do not pick, rub or scratch any scabs or dry skin that may appear. This may cause unwanted side effects such as darkening of skin and/or scarring.
5. Do not use the following products 3 days following your treatment (or until pinkness has subsided): Retinoids or similar Vitamin A compounds and bleaching creams.
6. You may bathe and shower as usual, although you may be sensitive to extreme temperatures. Avoid extreme temperatures of heat for 24 hours post treatment (i.e. jacuzzi, hot showers etc.).
7. Do not shave the treated area until the skin is completely healed.
8. Avoid sun exposure during and within one month of the end of the course of treatment. This minimizes the risk of hypopigmentation or hyperpigmentation.
9. You may apply topical antibiotic ointment, like Aquaphor, to the area for the first 3 days.
10. If you should develop any open sores, apply over-the-counter antibiotic ointment to this area 2-3 times daily until healed.
11. Avoid aggressive scrubbing or use of exfoliants during the first 7 days after treatment.
12. Use a very mild and gentle cleanser on your face for the following 7 days after treatment. Use your fingertips only, in a gentle motion and pat dry. Do so until the skin is healed.
13. Makeup may be used after 24 hours of the procedure as usual.
14. You may resume facial products 7 days after treatment.
15. Be sure to use 30 SPF sunscreen (reapply every 2 hours) after the procedure, and reapply every 2 hours for incidental exposure such as driving.
16. Avoid Botox at least 1 week after treatment.
17. Avoid dermal fillers at least 2 weeks after treatment.
18. Drink plenty of water.
19. You may require multiple treatments to achieve optimal results, in which case there will be an additional charge. Client skin conditions and skin types vary, as do the recommended number of treatments.
20. If you notice excessive skin redness or swelling, burns, blistering or a change of pigmentation, please contact Body+Beauty Lab immediately.